



DEPARTMENT OF ADMINISTRATION
Office of Employee Benefits

Employee Assistance Program (EAP) Monthly Email - September 2022



Suicide Prevention Awareness

All of us can play a role to remove the stigma and lack of awareness around suicide, as these remain major barriers to help-seeking behaviors. Providing support with

compassion and empathy can go a long way in supporting anyone around us, be it our colleagues, friends, partner, family members, and even our neighbors who may be thinking of suicide. Together, we can prevent suicide. In recognition of National Suicide Prevention Awareness Month, please explore the resources and support available under the State’s EAP benefit through [Beacon Health Options](#).

Suicide prevention awareness articles

Review the following articles available on the Beacon EAP website:

Myths and facts about suicide: Suicide is a topic many people feel uncomfortable discussing, even with friends and loved ones. But recognizing the signs, talking openly about experiences, and knowing how to get help are crucial for preventing suicide. [Read more here.](#)

If a loved one talks of suicide: You may have a friend or loved one who reaches a low point in life and wants to die by suicide. Is there anything you can do to help? Learn more about what – and what not – to say. [Read more here.](#)

Teen suicide: Is my teen at risk? While even the most attentive parent or teacher cannot always spot danger signs in teens, it's important to learn more about the risks for suicide, take all threats seriously, and get expert help. [Read more here.](#)

Coping with the suicide of a loved one or friend: Chances are you have known somebody who has considered suicide. But what happens when you lose someone that way? Many survivors experience a range of complex grief reactions. [Read more here.](#)

Suicide prevention awareness online seminar

The online seminar is a recorded, on-demand event and will be released on the [Beacon Wellbeing website](#) on September 10th.

The seminar will be available for quite some time after, so you can choose a time and day to view that works best for you.

Participants will benefit by:

- Learning how to identify and support people at risk
- Knowing how to be a mental health ally and talk safely about suicide
- Creating protective environments
- Knowing how to promote connectedness through activities and events

Your Employee Assistance Program (EAP)

Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best. Just call or log on to get started.

PHONE: 866-987-3705 | 401-429-2104



WEBSITE: <https://stateofrhodeisland.mybeaconwellbeing.com>

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