



World Suicide Prevention Day

A Mental Health Message from Your Member Assistance Program (MAP)

Why This Day Matters to Union Members

Every year on September 10th, we observe World Suicide Prevention Day—a time to raise awareness, reduce stigma, and remind each other that help is always available. As your Member Assistance Program (MAP), we want to speak directly to you, our union family, about the importance of mental health and suicide prevention in the workplace.

Union members are known for their strength, resilience, and solidarity. But behind that strength, many carry invisible burdens. Long hours, physical demands, financial stress, and the pressure to provide can weigh heavily. And sometimes, those burdens feel too heavy to carry alone.

Suicide is preventable. But prevention starts with understanding, compassion, and connection. This day is not just about statistics—it's about real people, real lives, and real hope.

Risk Factors That May Affect Union Members

- Chronic pain or injury from physical labor
- Job insecurity or financial hardship
- Isolation due to shift work or travel
- Substance use as a coping mechanism
- Untreated depression, anxiety, or trauma
- Lack of access to mental health support

You are not alone. Your MAP is here to listen, support, and guide you toward resources that can make a difference.

Recognizing the Signs and Reaching Out

Suicide doesn't always look like what we expect. It can hide behind humor, hard work, or silence. That's why it's so important to know the signs—and to speak up when something feels off.



If you're struggling, or if you're worried about a coworker, trust your instincts. A simple conversation can be life-saving.

Warning Signs to Watch For

- Expressing hopelessness or feeling like a burden
- Withdrawing from coworkers, friends, or family
- Sudden mood changes—especially from sad to calm
- Talking about death, dying, or “not being here”
- Giving away belongings or saying goodbye
- Increased substance use or reckless behavior

If you notice these signs in yourself or someone else, don't wait. Reach out. Your MAP offers confidential support, and we can connect you with crisis resources, counseling, and peer support.

How MAP Can Help

- One-on-one counseling for emotional distress
- Support navigating grief, trauma, or suicidal thoughts
- Referrals to crisis lines and mental health professionals
- Guidance on how to talk to someone who may be struggling
- Tools for building resilience and coping skills

Asking for help is not a weakness—it's a courageous step toward healing.

Building a Culture of Prevention and Support

Suicide prevention is not just a personal issue—it's a union issue. When we create workplaces where people feel seen, heard, and supported, we protect lives. Every member has a role to play in fostering a culture of care.

This World Suicide Prevention Day, let's commit to being there for each other—not just in times of crisis, but every day.

What You Can Do

- Check in with coworkers regularly—ask how they're really doing
- Share MAP resources at union meetings or on bulletin boards
- Normalize conversations about mental health and emotional well-being
- Speak up if you notice someone struggling
- Encourage others to take breaks, seek help, and use their benefits

Together, we can break the silence. Together, we can save lives.

If you or someone you know is in crisis, please reach out to MAP or a trusted crisis line. You are valued. You are needed. You are not alone.

**For more information, tools, resources, or app information, call your
Life Advisor Member Assistance Program!**



**Ulliance provides no cost, confidential, short-term counseling
for you & your family.**

Call us- we're here to help **800.448.8326**