



SUICIDE

Is someone you know thinking about hurting themselves?

Is someone you know thinking of Suicide?

There are over 32,000 suicides in the US each year. Experts estimate that there are 10–20 suicide attempts for each suicide death. While more women attempt suicide, men take their own lives four times more often. Suicide attempts can be serious and result in injury, disability, and a need for psychiatric and/or medical care.

When to Take Action

What to do:

If someone you know is struggling with suicide thoughts, there is help available.

- Do not leave a suicidal person alone
- Dial 911 if a threat is imminent
- Show the person you care about them and their life
- Make a safety check for firearms, medication, or alcohol
- Take them to the Emergency Room, Urgent Care, or call the police
- Assist in seeking counseling for the person

**To learn more, or to help assess a situation, contact Gundersen EAP
at (608) 775-4780 or (800) 327-9991.
gundersenhealth.org/eap**

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