

Suicide Prevention Toolkit

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Suicide, the act of intentionally killing one's self, is a tragic occurrence, that often prompts the questions: how did this happen, and how could it have been prevented? Those who are struggling with thoughts of suicide might show outward signs, and it's important that friends, family, co-workers, and managers be aware of the signifiers that someone might be at risk for attempting suicide.

This toolkit is designed to help you recognize the signs that someone is experiencing suicidal thoughts or behaviors, which might lead up to a suicide attempt. In it you will find information both for loved ones and for managers who may recognize an employee at risk in the workplace.

If you believe that someone is in immediate danger, call **911** or bring them in to your local emergency room. You can also call the [988 Suicide & Crisis Lifeline](#) by dialing **988**.

Signs to watch for

If you're worried about a loved one or colleague making an attempt on their life, it can help if you know the warning signs. The following articles outline the signs that might be present prior to a suicide attempt.

- [Childhood Depression](#)
- [Coping with Post-Traumatic Stress Disorder](#)
- [Depression in Children and Teenagers: Treatment and finding help](#)
- [Helping Your Loved One Lift the Stigma of Mental Illness](#)
- [Recognizing a Mental Health Issue and Giving Support](#)
- [Recognizing and Supporting an Older Adult at Risk for Depression](#)
- [Suicide Signs and Prevention](#)
- [When a Family Member Has a Mental Illness](#)
- [When Someone You Love Is Depressed](#)

Having the difficult conversation

Starting a conversation can be a difficult thing to do, especially when you're worried about upsetting someone who might already be upset. A good place to start are the following resources:

- [Helping a Teenager Who May Be at Risk of Suicide](#)
- [When Someone Close to You Talks About Suicide](#)
- [Help Someone Else](#) (988 Suicide & Crisis Lifeline)

Suicide prevention at work

One of the most difficult challenges you may face as a manager is knowing what to do if an employee is at risk of suicide. Don't ignore the warning signs that someone's life may be in danger. If someone in your group or workplace appears to be at risk of suicide, it is vital to get help immediately.

- [Making a Referral to the Assistance Program](#)
- [Managing a Mental Health Issue in the Workplace](#) (audio tip)
- [Supporting an Employee Who May Be Depressed](#)
- [When an Employee May Be At Risk of Suicide](#)

Resources for those in need

After you've had a difficult conversation with your friend, family member or colleague, you might not be equipped to handle all their questions. You might consider directing them to the following resources:

- [Are You Struggling with Depression?](#)
- [Dealing with Depression in College](#)
- [Do You Have Symptoms of Depression](#) (infographic)
- [Guide to Suicide Prevention](#) (HelpGuide)
- [How the Employee Assistance Program \(EAP\) Can Help in a Crisis](#)

Other resources you might consider, that are not part of the assistance program:

- **[988 Suicide & Crisis Lifeline](#)**, formerly known as the National Suicide Prevention Lifeline, by dialing **988** for confidential support. If you're hearing- or speech-impaired, [click here](#) for online chat.
- **[National Graduate Student Crisis Line](#)**: 1-800-472-3457
- **[Crisis Text Line](#)**: Text "HOME" to 741741 for free 24/7 support via text for those in crisis.
- **[Teen Line](#)**: Call 310-855-4673, or text "TEEN" to 839863 for crisis help for teenagers.
- **[The Trevor Program](#)**: Call 1-866-488-7386 for suicide and crisis prevention services for LGBTQ+ youth.
- **[Veterans Crisis Line](#)**: Call 1-800-273-8255 and press 1.

Remember to take care of yourself during a difficult time. The counselors at your assistance program can help give you support and guidance you if you're in need.

If you have been affected by a suicide

If a friend, family member, or colleague has died from suicide, you may be dealing with the grieving process that accompanies such loss. The caring counselors at your assistance program can provide you support, and the following resources on how to manage your grief and loss may also help:

- [Coping with the Death of a Co-Worker](#)
- [Coping with the Death of a Partner or Spouse](#)
- [Grief and Loss Toolkit](#)
- [Supporting an Older Loved One through Grief](#)
- [When Someone Close to You Dies by Suicide](#)

This information is provided to supplement the care provided by your physician or mental health professional and is not to be used as a substitute for professional medical advice. Always seek the advice of your physician or other qualified health or mental health professional.

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