



# National Suicide Prevention Month Toolkit

A guide to raise awareness, provide education, and offer support around suicide prevention in the workplace.



Created by the NFP Vitality and Wellbeing team.

# Suicide Awareness

## Understanding the Facts

This section provides key statistics on suicide to help break stigma, encourage open conversations, and ultimately save lives – whether you're navigating your own challenges or supporting someone else.

U.S statistics on Suicide:

- 1 in 5 people in the U.S. say they have been personally impacted by suicide ([AFSP](#)).
- In 2023, 49,316 Americans died by suicide, making it the 11th leading cause of death ([CDC](#)).
- 12.8 million adults had serious thoughts of suicide in 2022 ([CDC](#)).
- An estimated 1.5 million people attempted suicide in 2023 ([AFSP](#)).
- Suicide was the 2nd leading cause of death for individuals aged 10–34, and 4th for those aged 35-44 ([AFSP](#)).
- Suicide rates were highest among adults aged 85+ (22.66 per 100,000), followed by those aged 75-84 (19.44 per 100,000) ([AFSP](#)).
- Higher suicide rates are seen in veterans, construction workers, rural populations, and marginalized communities ([CDC](#)).
- Firearms were the most common method, involved in 55.36% of suicide deaths in 2023 ([AFSP](#)).
- 91% of U.S. adults believe suicide is at least sometimes preventable ([AFSP](#)).
- Research suggests up to 50% of suicides may be preventable with early intervention, mental health support, and community awareness ([RAND](#), [CDC](#)).

## Understanding the Language of Suicide Prevention

Before we can take meaningful action, it's important to understand the terms often used in conversations about suicide and mental health. These definitions provide clarity and help create a shared language for recognizing risk, offering support, and reducing stigma.

Key Definitions:

- **Suicide:** The act of intentionally causing one's own death.
- **Suicidal Ideation:** Thoughts about, considering, or planning suicide. These thoughts can range from fleeting to persistent and may or may not lead to action.
- **Suicide Attempt:** A non-fatal, self-directed behavior with intent to end one's life. Attempts can result in injury, hospitalization, or long-term health consequences.
- **Self-Harm:** Deliberate injury to oneself without the intent to die. This can be a sign of emotional distress and a risk factor for suicide.
- **Mental Health Condition:** Conditions such as depression, anxiety, PTSD, and substance use disorders are closely linked to suicide risk.
- **Crisis:** A situation in which a person's usual coping mechanisms are overwhelmed, often leading to feelings of hopelessness or desperation.



# Suicide Prevention & Resilience Strategies



**Suicide prevention starts with everyday actions that build personal resilience and help us navigate difficult moments.** Creating protective habits can strengthen your ability to manage emotional pain, recognize warning signs in yourself and others, and feel more connected to support when it's needed most. Developing these skills doesn't require perfection – it takes practice, self-awareness, and the willingness to reach out.

## Practical Strategies

Tips for Prevention & Resilience include:

- **Build supportive relationships:** Stay in touch with trusted family, friends, and coworkers. Talk openly about mental health and reach out when you need support.
- **Practice mental & emotional self-care:** Use mindfulness, breathing, and journaling to stay grounded. Honor your emotions and take breaks when needed – rest matters.
- **Create a personal safety plan:** Identify warning signs, coping tools, and emergency contacts.
- **Reach out for professional help:** Therapy, counseling, and support groups can make a big difference. Use your EAP or find local providers.
- **Commit to small acts of self-compassion:** Celebrate small wins and recognize your progress.

## Know the Warning Signs

Tips to recognize the signs that someone may be thinking about suicide:

- Talking about wanting to die or expressing feelings of hopelessness.
- Withdrawing from friends, family, or usual activities.
- Exhibiting extreme mood swings or sudden calmness after a depressive period.
- Increased use of alcohol or drugs.
- Giving away possessions or saying goodbye.
- Acting anxious, agitated, or behaving recklessly.
- Changes in sleep patterns or appetite
- Feeling like a burden to others.

**If you or someone you know shows any of these signs, take them seriously.** Don't hesitate to reach out to a mental health professional or call or text the **988 Suicide & Crisis Lifeline** for immediate help.







## Mental Wellbeing Fitness & Training Centers

As part of our commitment to supporting your mental health and wellbeing, NFP has created a dedicated landing page just for employees. This resource hub is regularly updated with helpful tools, training, and information focused on mental health awareness, resilience, and emotional wellbeing.

Whether you're looking for ways to support yourself or a colleague, these resources are here to help you feel informed, empowered, and connected. We encourage you to explore the site and check out the Wise & Well Training Center flyer to learn more about the support available to you.

[Wise & Well Training Center](#) (For Your Employees)

[Here is a flyer](#) that you can share with your employees to promote the center.



# National Suicide Prevention Resources



**Reference** the following resources for reputable and updated information to support you and your employees.

988 Suicide & Crisis Lifeline  
<https://988lifeline.org> or call 988 for immediate support

Crisis Text Line  
[www.crisistextline.org](http://www.crisistextline.org) or text HOME to 741741 for immediate support

The Trevor Project (LGBTQ + Youth)  
<https://www.thetrevorproject.org/> or 1-866-488-7386 – Text START to 678678

Trans Lifeline  
<https://translifeline.org/> or dial 877-565-8860

Veteran's Crisis  
[www.veteranscrisisline.net](http://www.veteranscrisisline.net) or dial 988, then press 1 or text 838255

American Foundation for Suicide Prevention (AFSP)  
<https://afsp.org/>

CDC Suicide Prevention  
<https://www.cdc.gov/suicide/>

Mental Health America (MHA)  
<https://mhanational.org/issues/suicide>

Mental Health First Aid  
[www.mentalhealthfirstaid.org/mental-health-resources](http://www.mentalhealthfirstaid.org/mental-health-resources) or  
[www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)

National Alliance on Mental Illness (NAMI)  
<https://www.nami.org/Your-Journey/Individuals-with-Mental-Illness/Suicide-Prevention>

National Institute of Mental Health (NIMH)  
<https://www.nimh.nih.gov/health/topics/suicide-prevention>

QPR Institute  
<https://qprinstitute.com/>

SAMHSA  
<https://www.samhsa.gov/suicide>

Suicide Prevention Resource Center  
<https://sprc.org/>



# Podcasts, Assessments & Apps

## Podcasts

- [Suicide Prevention Playlist](#)
- [NAMI Podcasts & Webinars](#)
- [Voices For Suicide Prevention](#)
- [Understand Suicide](#)
- [Reach In, Reach Out \(IASP Podcast\)](#)
- [CBP Suicide Awareness Podcast Series](#)
- [Life After Suicide](#)
- [Suicide Noted with Sean Wellington](#)
- [Lifeline: Stories of Hope and Recovery by the National Suicide Prevention Lifeline](#)
- [Before You Kill Yourself](#)
- [The Survivors Podcast – Surviving Life, Death & Everything In Between](#)

## Assessments

- [Mental Health America Screening Tools](#)
- [PHQ-9 Self-Assessment for Depression](#)
- [Wellness Check by Jed Foundation \(JED\) – For Teens & Young Adults](#)
- [Psych HUB Wellbeing Assessment](#)
- [QPR \(Question, Persuade, Refer\) Gatekeeper Training Assessment](#)
- [SAD PERSONS Scale Assessment & Evaluation](#)
- [Suicide Risk Assessment Test \(SRAT\)](#)

## Prevention & Self-Help Apps



## Apps to Nurture Mental Wellbeing



[Calm](#)



**Wise@Work**

[Wise@Work](#)



**Moodfit**

[Moodfit](#)



[My Possible Self](#)



[Insight Timer](#)

