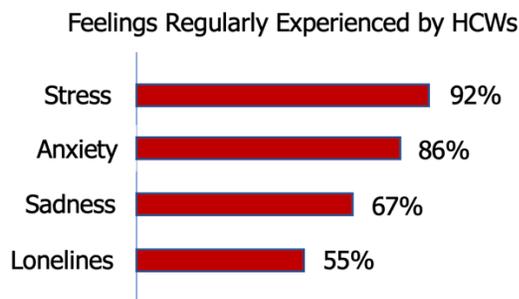


Mental Health Toll on Health Care Workers

A recent study that includes the impact of the Pandemic has recognized a mental health crisis that includes anxiety, depression, stress, PTSD, and suicidal ideations. This can lead to creating a 'plan' that leads to a potential 'suicidal attempt.'



Q: *What can we do to address this ever-growing issue?*

A: Educate HCWs and Hospital personnel about suicide by recognizing that communication, knowledge and awareness saves lives.

Q: *How do we do this?*

A: Implement a suicide prevention program, spread out over a period of time, either onsite or virtually, to address the following:

- Suicide Clues and Warning Signs
- How to **Question** a person about suicidal thoughts.
- How to **Persuade** a person to agree to get some help.
- Become a resource and **Refer** a friend to appropriate hospital personnel and/or identify a person they trust and see if they can be contacted.



These interactive sessions have proven

effective in getting HCWs to become aware of their mental health. Also, assisting in becoming more attentive and comfortable to reach out and ask another co-worker who may be struggling, *"is there anything I can do to help you?"*

The suicide prevention training sessions will also include:

- Role Play
- Q & A
- Video – Suicide Prevention
- A tip card with suicide hotlines

By extending the sessions over a few months, we can reinforce the program and have HCWs become more comfortable and recall the program's concepts when needed. This can also start forming peer support groups, which can 'inspire' an openness about discussing suicide.

To Save a Life ...

- Reach out. Asking the suicidal question **DOES NOT** increase risk.
- Listen. Talking things out can save a life.
- Don't try to do everything yourself. Get others involved.
- To help you act with **Courage**, here are three things to remember: *If in doubt, act!*
Reach out! Don't wait!