



## Safety Message of the Day for IMEA Members



### Workplace Suicide Safety Message

Suicide is an unfortunate reality in today's society. In the United States alone, it is estimated that 130 people die from taking their own life every single day. In a year's time, that is over 47,000 people. The rate at which individuals are taking their own life has increased over the last decade. Suicides in the workplace have mirrored this increase.

If you are dealing with suicidal thoughts or feelings, it is important to know that there is help. These thoughts and feelings can be fixed. Some quick tips of advice if you are dealing with this situation:

- \* Know that your emotions are not fixed. How you feel now is not necessarily how you will feel tomorrow or next week.
- \* Promise not to do anything right now. Put time between thoughts and actions.
- \* Avoid drugs and alcohol.
- \* Make your home safe or go somewhere that you feel safe.
- \* Do not keep suicidal thoughts to yourself. There is always someone with who you can share these thoughts or feelings with.
- \* If you do not think you can share these thoughts with anyone around you, call the National Suicide Prevention Lifeline toll-free 24 hours a day 1-800-273-8255.)
- \* Take hope. People do get through this.

**Sadly a supervisor at a member utility took his own life last week, the second suicide at a municipal since 2020**

### Summary

Whether you are dealing with these thoughts or someone else close to you is, take them seriously. Do not do anything sudden when dealing with these thoughts. Take the time and seek out help. It is important to understand that many people are dealing with these feelings and thoughts every day, and someone in our workplace may be one of them.