

## How to Deal with Suicide Risk

It is possible someone might suggest a desire to harm themselves. Often this is done in “veiled” terms, such as “I have no reason to go on” or “Everyone would be better off without me.” If you suspect someone may be at risk of suicide, **question, persuade, and refer them to help!**

### Question

- Don't be afraid to clarify the risk. You can ask, “Have you had thoughts of hurting yourself?”
- Instill hope. You can say, “It's common to experience these feelings, but you won't always feel this way.”

### Persuade

- Ask, “Will you let me get some help for you?” or “Can we contact someone for you to speak to?”

### Refer

- Usher them to Medical (if available).
- Find a quiet place to call the EAP (**866-228-0565**).
- Call emergency services (U.S. – Dial **911**).

Learn more about mental health first aid and how to ask R U OK? at [benefits.cat.com](https://benefits.cat.com) > **EAP**.