

TOPIC: SUICIDAL THOUGHTS

Potential Signs of Suicidal Thoughts

- Feeling hopeless – like it will never get better
- Feeling helpless – like no one can help you feel better

Impact on Your Work

- Distracted
- Judgment errors
- Workplace accidents

Five Ways to Help Yourself

1. Avoid or restrict alcohol intake and only take medicine as prescribed
2. Talk to someone you trust -- your healthcare provider or contact the EAP
3. Stay connected with family and friends
4. Get rid of your negative thoughts
5. Eat nutritious food, get enough sleep and exercise regularly

Resources

- Caterpillar EAP: <https://totalhealth.cat.com/en/eap.html>



You matter. Get help.