

WHAT PEOPLE **THINK** MENTAL HEALTH & SUICIDE PREVENTION LOOKS LIKE:

raising awareness

calling a hotline

law enforcement
interventions



WHAT MENTAL HEALTH & SUICIDE PREVENTION

ALSO LOOKS LIKE:

listening to individuals
with personal experience

increased access to
mental health resources

recognizing signs and symptoms

establishing support groups

speaking up if you are
worried about someone



establishing healthy
lifestyle choices

meeting basic needs

checking in with individuals
on and off the job site

creating a safe and
supportive workplace

reaching out for help

providing a recovery-friendly
environment

