



Boulder City Hospital

COMPASSIONATE. QUALITY. CARE.

Suicide Prevention in the Workplace

Workplaces are communities. Organizations can promote well-being by training leaders to recognize distress, making mental health resources visible, reducing stigma, and creating policies that support employees through difficult periods. Prevention belongs everywhere people live and work.

Healthcare Workers Need Care, Too

Those who care for others are not immune to stress, grief, burnout, trauma, or mental health challenges. Healthcare professionals deserve environments where asking for support is normalized and confidential resources are accessible. Caring for caregivers strengthens healthcare.

Supporting Mental Health at Work

Healthy workplaces make room for mental health. Leaders and coworkers can help by reducing stigma, encouraging help-seeking, recognizing distress, and creating a culture where people can speak up before reaching a crisis point. Caring for people is part of creating a healthy organization.

Need support? Call or text 988 for 24/7 crisis support. If there is an immediate life-threatening emergency, call 911.

Shareable resource: CDC — Preventing Suicide

<https://www.cdc.gov/suicide/prevention/>

*#SuicidePreventionMonth #NationalSuicidePreventionMonth #SuicidePrevention #MentalHealthMatters
#MentalHealthIsHealth #988Lifeline #988 #EndTheStigma #YouAreNotAlone #Hope #BehavioralHealth
#CommunityHealth #MentalHealthAwareness #ARMCHHealthcareSystem*