



I'm experiencing suicidal thoughts while at work - what should I do?

We understand that you're facing a challenging situation, but it's essential not to leave these suicidal thoughts unattended. Here are some steps you can take to support yourself at work and seek assistance:

Seek immediate help:

If you feel that you are in danger or are worried about harming yourself, please reach out to the nearest hospital, emergency services, or a crisis helpline promptly. If you find it overwhelming, remember that it's crucial to seek help as soon as possible.

Inform your supervisor or a trusted colleague:

If you don't feel capable of dealing with suicidal thoughts on your own, consider sharing your situation with someone you trust at work. This could be your supervisor, a coworker, or someone responsible for mental health support within the company. If your workplace offers support programs for employees in crisis, utilize those valuable resources.

Consult a professional therapist:

Receiving support from a qualified therapist is a vital step in addressing and managing suicidal thoughts. Reach out to a psychotherapist or psychiatrist to discuss your feelings and emotions. A therapist can help you uncover the underlying causes of these thoughts and collaborate with you to develop effective coping strategies.

Avoid social isolation:

When you're grappling with emotional difficulties, you may feel inclined to withdraw from social interactions. However, make an effort to avoid isolating yourself and maintain contact with the individuals in your life who provide support.

Nurturing healthy relationships can help combat feelings of loneliness and despair. If you believe there's no one you can confide in within your immediate circle, remember that there are professionals who are dedicated to understanding your experiences and standing by your side during moments of uncertainty, ready to offer assistance.

