

Psychological First Aid

See Something. Say Something. Do Something.

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<p>Many times, it is not the words that someone says that draw our attention to their struggles first. It is actually their actions and behaviors.</p> <p>Actions that could indicate that someone is struggling can include:</p> <ul style="list-style-type: none">• Noticeable mood changes• Behavior instability• Missing work/calling in absent more frequently• Significant attitude change: extremely negative/ loss of hope for good• Engaging in risky behaviors• Loss of interest in previously enjoyed activates• Isolation and withdrawal• Changes in activities of daily living• Sleep• Hygiene• Eating	<p>If you notice someone close to you is struggling, or that their actions and behaviors have changed drastically, say something. Remember, take any suicidal talk or behavior seriously. It's not just a warning sign that the person is thinking about suicide – it's a cry for help.</p> <p>Ways to start a conversation about suicide:</p> <p>"I have been feeling concerned about you lately."</p> <p>"Recently, I've noticed some differences in you and wondered how you are doing."</p> <p>"I wanted to check in with you because you haven't seemed yourself lately."</p> <p>Questions you can ask:</p> <p>"When did you begin feeling like this?"</p> <p>"Did something happen to make you start feeling this way?"</p> <p>"How can I best support you right now?"</p> <p>"Have you thought about getting help?"</p> <p>What you can say that helps:</p> <p>"You are not alone in this. I'm here for you."</p> <p>"You may not believe it now, but the way you're feeling will change."</p> <p>"I may not be able to understand exactly how you feel, but I care about you and want to help."</p> <p>"When you want to give up, tell yourself you will hold off for just one more day, hour, minute—whatever you can manage."</p>

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Mental Health & Well-Being Resources

Do Something

Sometimes what a person needs is a listening ear, encouragement, or time together. If their need for support is greater, suggest Spectrum Health the resources listed below. Offer to stay with them while they call or go with them to their appointment — this reinforces the fact you’re there to support them and they’re not alone. If your friend is in crisis, reference the Employee Blue Envelope for immediate help.

Encompass: in-the-moment, 24/7 support
Call: 800.788.8630
Login: www.encompass.us.com
Company Code: spectrum

Lakeland Employee Assistance Program: in-the-moment, 24/7 support
Call 269.428.0022 or 800.428.6216
Website: <https://www.spectrumhealthlakeland.org/employee-assistance-program>

Critical Incident Stress Management (CISM): 24/7 assistance in recover process for groups from traumatic events
Call: 616.391.1753

Spectrum Health Behavioral Health Services: non-emergent emotional and wellness support line
Call: 833.559.0659 and select Option 2.

Pine Rest Psychiatric Urgent Care: emergent care to address depression, anxiety, panic attacks, suicidal thoughts, grief reactions, substance use disorders
Call: 616.455.5490 or
Visit: www.pinerest.org/urgent

Headspace: meditation and mindfulness app
All team members now have access to Headspace for everyday mindfulness and meditation for stress, anxiety, sleep, focus and fitness.
Visit: <https://work.headspace.com/spectrumhealth/member-enroll>

Suicide Prevention
National Suicide Prevention Lifeline 800.273.TALK (8255)
National Suicide Text Line: Text “Help” to 741.741

X24837



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