



your health

suicide: when you or someone you care about is depressed

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Recent news reports in the media of high-profile suicides have affected many of us.

You or someone you know may be suffering from feelings of sadness, hopelessness, helplessness, or depression. If you're concerned that someone close to you, or that you yourself may be depressed, here are three tips from mental health experts:

1. **Tell someone. If you're experiencing thoughts or feelings of sadness, hopelessness or helplessness talk to someone you trust.** It is essential that you let someone into your struggle to help you through this time. Depression is treatable, you're not alone. Seek support from friends, family, and professionals.
2. **Reach out. If you're concerned for someone else and think that they may be suffering from aspects of depression, set aside time to discuss it.** Open the discussion in a non-judgmental way by asking "How are you doing?" or "How have you been feeling?". Remind the person that you're there to listen and provide understanding and support. Your role isn't necessarily to try and solve the person's problems or to cheer them up, it's to be present and listen.
3. **Be direct. If you're concerned that someone you care about may be dealing with prolonged depression, it's OK to ask the person if he or she has thoughts about suicide.** If the answer is "yes," or "sometimes", take the matter seriously and seek professional help as soon as possible. Urge the individual to contact a mental health professional or their medical provider. If you have the ability, walk alongside them through this difficult time.

"Take any mention of death seriously. Even when a person with depression casually mentions death or suicide, it's important to ask follow-up questions. If the answers don't leave you feeling confident that a depressed person is safe, experts advise involving a professional as soon as possible."

— *What to Do When a Loved One is Severely Depressed, New York Times*

If you or a loved one is having thoughts of suicide, or are expressing feelings of hopelessness or helplessness, please reach out to connect with immediate support. Guidance is also available from the National Suicide Prevention Lifeline at 1-800-273-8255. Help is available!

If you or a Chevron-covered family member could use support and guidance, remember that you can call Chevron's Employee Assistance and WorkLife Services program (EAPWL) for support. Advisors are available 24 hours a day, 7 days a week in case of emergencies to assist employees in need. CTN 842-3333 or 1-800-860-8205.