

# Employee Assistance Program



## Depression's link to suicide

Unfortunately, people take their own lives for all kinds of reasons. However, the most common reason of all is *untreated depression*. It's important to be aware that the presence of severe depression can interfere with your ability to solve painful problems—putting you at risk for suicide.

In recognition of National Suicide Prevention Week (the second week of September), this article focuses on how to identify depression and suicide risks.

From relationship breakups to financial or legal crises to having been bullied, many external factors can lead a person to consider suicide. However, it's the internal factors—how a person's emotions are impacted—that often make the difference. Suicide is usually the end result of a battle with depression. However, it's possible to not be aware that you're depressed, and the people around you may not recognize your need for help.

These factors can keep you from getting the depression treatment you need. Effective care often includes therapy and/or medication.



Employee Assistance Program  
**1-866-EAP-4SOC (1-866-327-4762)**  
TTY users should call 1-800-424-6117  
Visit us online: [www.eap.calhr.ca.gov](http://www.eap.calhr.ca.gov)

## Identifying depression symptoms

Signs of depression vary depending on the individual, but here are some signs that might indicate suicidal tendencies.

Experts say that if at least five of these symptoms exist, suicide is a very serious and immediate concern:

- Intense sadness.
- Change in appetite or weight.
- Change in sleeping patterns.
- Speaking and/or moving with unusual speed or slowness.
- Loss of interest or pleasure in the usual activities.
- Withdrawal and isolation from family and friends.
- Increased use of drugs or alcohol.
- Fatigue or loss of energy.
- Feelings of worthlessness, self-reproach, or guilt.
- Thoughts about death or wishing for death.
- Diminished ability to think or concentrate, slowed thinking.



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