

**Breaking the Silence, Embracing Hope**

One of the most critical aspects of suicide prevention is breaking the stigma that surrounds mental health struggles. Many individuals who contemplate suicide feel isolated, ashamed, or misunderstood. This silence can create barriers to seeking help and support. By openly discussing mental health and encouraging compassionate conversations, we can help dismantle these barriers and create a more supportive environment, including in the workplace.

Education is a key component in suicide prevention. Recognizing the signs of someone in distress is vital. These signs can include noticeable changes in behavior, withdrawal from social activities, or expressions of hopelessness. It’s important to approach these situations with empathy and without judgment.

Support systems also play a crucial role in suicide prevention. Building and maintaining strong, supportive relationships can provide individuals with a sense of belonging and reduce feelings of isolation. For those struggling with suicidal thoughts, connecting with mental health resources such as 988 (the mental health crisis hotline), counseling services, and support groups can offer direct assistance and support. AFA EAP can assist Flight Attendants, and their family members locate these resources.

Everyone has the capacity to make a positive impact, whether through direct intervention, supporting mental health initiatives, or simply offering a listening ear. Together, we can break the silence surrounding suicide, foster an environment of understanding, and offer hope to those in need. If you or someone you know is struggling, remember help is available through your AFA EAP. Just call 800-424-2406. Your local EAP committee members are also listed at https://www.afacwa.org/your\_local\_eap\_rep

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