



EMPLOYEE ASSISTANCE PROGRAM
National Joint Committee

September 10, 2018

Committee Members

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MANAGERS, HUMAN RESOURCES (AREA)
MANAGERS, HUMAN RESOURCES (DISTRICT)
JOINT COMMITTEE EMPLOYEE ASSISTANCE PROGRAMS
DISTRICT EMPLOYEE ASSISTANCE ADVISORY COMMITTEES

RE: EAP SUICIDE PREVENTION CAMPAIGN

September is National Suicide Prevention Month. The USPS EAP has created a package of information for distribution and use with local EAP consultants and district EAP advisory committees.

We understand that even talking about suicide prevention can be a sensitive and difficult thing to do. The information package provides materials on how to reach out to others, break the stigma of mental health, and understand depression.

The district advisory committee (DAC) should tailor the materials for distribution. The EAP National Joint Committee is recommending all committees complete the training, counseling on access to lethal means (CALM), as a group. The training must be facilitated by the local EAP consultant.

There has been success with our prevention measures. We began focusing on suicide prevention measures in FY 2014. In the first year we saw a 30% decrease in employees dying by suicide. One suicide is too many, and the EAP is committed to continually providing information, awareness, and support to employees.

At this time in our country, when suicide is addressed, you also have to address the opioid epidemic. Opioid overdoses can be due to many factors, but many are intentional. Opioid information is included in this package.

The EAP consultant has this information and will provide support in enacting suicide prevention measures. Included in this message is an e-mail exchange, handouts, presentation, and a 2 minute video on breaking the stigma on mental health.

For any questions about the information in this e-mail, contact Deborah Atkins, EAP Administrator, at 202-268-8708.

Make the Call!

USPS Employee Assistance Program
1-800-327-4968
(1-800-EAP-4-YOU) TTY: 1-877-492-7341
www.EAP4YOU.com

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