Lighthouse: On the Edge (suicide prevention)

📽 Video Introduction

This video, "Lighthouse On the Edge 22," highlights the importance of recognizing signs of suicide risk and taking action when someone is struggling. It focuses on the tough realities that many face, especially in high-risk industries like the trades. You also never know what might happen with someone outside of work. As front-line workers, we are all responsible for watching out for one another. If you see something, say something—your support could make a life-saving difference.

Trigger Warning (to be read out loud): The aim of this conversation is to learn and share our experiences and thoughts with honesty. Because of this, some comments may trigger a negative reaction. If a comment or topic starts to upset you, I advise that you please talk to your support team. That could include your supervisor, union representative, HR personnel, Employee and Family Assistance Program provider (*if you have one*), friends, family, or a close colleague.

Remember: If you are in distress, you can call or text **9-8-8** anytime. Call 9-1-1 or go to your local emergency department if it is an emergency.

This video tackles the subject of suicide and suicide ideation. So please, let's be sensitive to the topic as it hits home hard for many people.

Video Link: On the Edge: **https://www.youtube.com/watch?v=sUcLNPvQNyI** (5:59 minutes)

🗣 Discussion Questions

1. How does the video make you feel about the importance of looking out for one another on the job?
2. Can you think of any signs that someone might be struggling with thoughts of suicide? What might you notice in a fellow worker?
3. What are some barriers that prevent workers from asking for help or opening up about their struggles?
4. How can we create a safer, more supportive environment on the job site to ensure no one feels alone in their struggles?

Speaker Notes

- **Key Message**: Emphasize the importance of observing, listening, and **acting.** If you see a colleague acting differently, don't ignore it—reach out.
- **Tone**: Keep the conversation respectful and supportive. Mental health is just as important as physical health, and everyone deserves help when they need it.
- **Action**: Encourage workers to use the "Keep Your Promise" message: If you see something, say something.

Keep your Promise: https://www.ihsa.ca/keepyourpromise

Handout: Lighthouse- On the Edge (suicide)

It's okay to ask for help. It's okay to offer help.

In our industry, workers face pressures that others may not understand. Mental health issues like depression and thoughts of suicide can affect anyone, and many workers feel they can't speak up. We need to break the stigma and create an environment where everyone feels supported.

Did you know?

- Men are statistically more likely to die by suicide than women. In Ontario, approximately 75% of suicide deaths are among males.
- Typically, middle-aged and older adults have the highest rates
- Women in the trades have a higher-than-average rate of suicide, compared to women in other occupations.

If you notice signs of someone struggling, don't ignore it.

✅**Pulling away from others** – They stop talking to friends or coworkers, seem quiet, or keep to themself more than usual.

✅**Big mood changes** – They get angry, upset, or sad easily, or seem really down or hopeless.

✅**Talking about feeling like a burden** – They might say things like "what's the point?" or "everyone would be better off without me."

✅**Taking more risks or not caring** – They might work unsafely, drink or use drugs more, or act like they don't care what happens to them.

What You Can Do:

👷**Reach out**: Ask your co-worker if they're okay. Sometimes, just talking can make a big difference.

👷**Encourage them to seek help:** Suggest speaking to a supervisor or a professional. Mental health is important—no one should suffer alone.

👷**Keep Your Promise:** If you see something, say something. Your action could save a life.

Support Resources:

📞Your supervisor: Always ready to listen and support.

📞Employee Assistance Programs (EAP): Confidential counseling and support services.

📞Lifeline and Crisis Text Lines: Always available for immediate help. E.g. **9-8-8 suicide crisis line**

Remember: You have the power to make a difference. Just by watching out for each other, we can create a safer, more supportive workplace for everyone. Learn more about suicide prevention at www.ihsa.ca/workplacementalhealth