



## More Americans Are Killing Themselves at Work

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[The Washington Post](#) [1]

The importance of workplace suicide prevention is getting increased attention. According to [federal data](#) [2], the number of suicides in the workplace reached a 26-year high in 2018. To address that trend, national stakeholders have collaborated on tools to help employers implement prevention efforts. They include a [blueprint](#) [3] for developing workplace prevention programs, a [manager's guide](#) [4] to postvention, and [national guidelines](#) [5] for all industries. "The hope is someday, mental health will be a routine part of wellness programs at companies, as routine as getting your flu shot or blood pressure taken," said Colleen L. Carr, director of the National Action Alliance for Suicide Prevention.

### Links within this resource

[1] <https://www.washingtonpost.com/health/2020/01/09/more-americans-are-killing-themselves-work/>

[2] <https://www.bls.gov/news.release/pdf/cfoi.pdf>

[3] <https://theactionalliance.org/resource/comprehensive-blueprint-workplace-suicide-prevention>

[4] <https://theactionalliance.org/resource/managers-guide-suicide-postvention-workplace-10-action-steps-dealing-aftermath-suicide>

[5] <https://workplacesuicideprevention.com/wp-content/uploads/2019/10/National-Guidelines-Report-1.pdf>

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