

EAP & PAP Newsletter

April 2025

Is Spring the Deadliest Season?



As Diamond Head gets **greener** and the plumerias begin to bloom, **spring** is often seen as a time of beauty and hope. But for some, this season brings an unexpected increase in **emotional challenges**. In fact, the rate of suicide increases during this time of year—but why is that? One theory is that increased **sunlight exposure** can increase chemicals in your brain that increase **aggression** (including aggression towards yourself) and impulsive behavior. Another possibility is that as **energy levels** rise with the change of season, those struggling with depression now have the **ability to act** on suicidal thoughts that were too overwhelming before. Suicide may also increase due to feelings of **isolation** or despair when you see others being happy, and wondering why you aren't feeling that way. The onset of **allergies and inflammation** is another factor, which can worsen existing mental health difficulties. Regardless of the cause, suicide is a real concern that impacts all of us. We at EAP are here to **support** you with this concern every step of the way.

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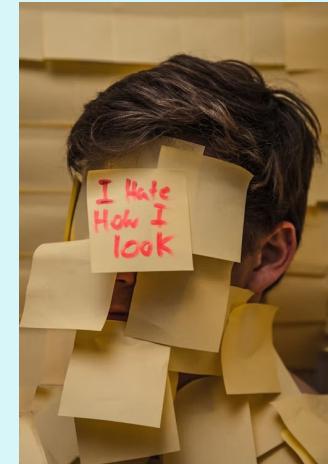
Intake Specialist & Office Administrator



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Suicide Warning Signs: What to Look Out For

- Talking or writing about death, dying or suicide (even as a joke)
- **Withdrawing** from friends, family and activities they usually enjoy
- Giving away belongings or saying **goodbyes**
- Engaging in **self-harm** (cutting, burning, etc.)
- **Declining performance** in work or school
- **Sleeping problems** (either too much or too little)
- Experiencing or engaging in **bullying** (especially for children/teens)
- Intense sadness, despair or **hopelessness**
- **Feeling like a burden** or expressing worthlessness
- Extreme **mood swings**, irritability or sudden anger
- Persistent anxiety, panic attacks or **feeling trapped**



*If you or someone you know is suffering from any of these symptoms, your EAP is available to provide **free & confidential counseling**.*



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Counselors are available across Hawaii.

Legal/Financial/Eldercare/ID Theft/Mediation Consultation is also available.



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How to Help Someone Who is Struggling

You may have noticed a friend, relative or co-worker who is showing the **warning signs** of suicide, and you want to help, but you're not sure what to do. Talking about suicide can be really scary and uncomfortable for a lot of people. You might even think that talking about suicide will increase the chance of it happening, since you'd be "giving them the idea." However, research shows that not only is this **untrue**, but that asking someone if they're having thoughts of suicide is actually more likely to **save a life**.



Here are some ways to help support someone who may be experiencing thoughts of suicide:

- If you notice someone having a hard time, suggest that they **call their EAP** for some free and confidential **counseling**. Remind them that EAP has counselors available 24/7 to talk to when they need it. You can even help them to make the call, or sit with them while they call so they don't feel alone.
- **Don't assume they are okay.** Sit down and say, "Everyone's excited about spring, but I want to know how **you** are doing."
- Don't brush off concerning statements, even if it seems like they're joking. If they make comments about not wanting to be here, dying, or suicide—**take it seriously**, and ask them directly if they have been having thoughts of suicide.
- If someone confides in you that they are suicidal and planning to act on it, call **911 immediately** and/or take them to the nearest hospital for mental health services.



Articles On Our Website

Did you know about all the resources available to you from your EAP's website? Here are a few examples:



SUICIDE PREVENTION

When we find out that a friend, loved one, or co-worker may be thinking of suicide, often our fear of...

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50 IDEAS FOR SELF-CARE

If you just need some good old fashioned self-care (and who doesn't?)...here is a list of great ideas.

[Read More](#)



THE IMPACT OF A CO-WORKER'S DEATH

Coworkers are very much like an extended family. You spend most of your waking hours with them...

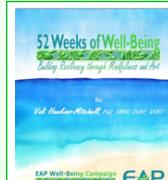
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BULLYING

Bullies can range from a person who is an arrogant jerk to someone dangerously violent.

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SIGN UP FOR 52 WEEKS OF WELL-BEING

You can sign up to receive weekly emailed tips for a year that help you build your resiliency. Written by our own Dr. Vali Hawkins-Mitchell...

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(If this is a pdf you may be able to click the links to each article above!)

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Or your PAP website at www.HawaiiPAP.com

Please note that work/life services (legal, financial, eldercare, ID theft, mediation) are available to most, but not all, EAP customers. Call us if you have a question.

EAP and PAP provide short-term confidential counseling and work/life services, provided to you by your employer, that can assist in identifying and resolving issues that may be interfering with your job or personal life. Access to our experienced counselors and work/life services is available across the Islands and can be contacted by phoning or emailing our Honolulu office.

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