



IF SOMEONE IS TALKING ABOUT SUICIDE

Supervisor Guide • Safety Card

If there's immediate danger,

Call 911

If there's a crisis, call or
text Hawaii CARES 24/7

988

If you need non-
immediate support and
advice, Call EAP

(808) 597-8222

1 STAY

Don't leave them alone. Move somewhere private and safe to talk.

2 ASK DIRECTLY

"Are you thinking about suicide?" Asking directly does not increase risk — it opens the door.

3 LISTEN

No arguing, minimizing, or promising secrecy. Stay calm and let them talk.

4 CHECK FOR A PLAN

A plan, a means, or a timeline? If yes to any of these, treat it as an emergency.

5 GET HELP NOW

Immediate danger: call 911 or 988. Stay with them until help arrives — don't leave them to wait alone.

6 TELL SOMEONE

Notify HR or your EAP contact right away. This is not confidential, and it is not yours to carry alone.

*You don't
need the right
words.*

Just stay.

You are not their therapist here either. Your job is to keep them safe and get them to someone who can help; then let HR and the EAP take it from there.

AVAILABLE 24/7



Employee Assistance of the Pacific

1600 Kapiolani Blvd., Suite 1610 Honolulu, HI 96814

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Toll-Free (877) 597-8222

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