



GBS HEALTH & WELLNESS

Clinical Corner

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Intentional Conversations

During September, we observe Suicide Awareness Month, a time dedicated to raising awareness about suicide prevention and promoting open dialogue about mental health. Our theme for this month is "Intentional Conversations," emphasizing the importance of active listening, empathy, and understanding when discussing mental health and suicide prevention. As a caring and supportive community, we can make a difference by coming together to learn, support, and uplift each other.

Why Intentional Conversations Matter

Suicide is a sensitive and challenging topic, but by engaging in intentional conversations, we can create a safe and supportive environment for those who may be struggling. By being intentional in our words and actions, we can show that we genuinely care about one another's well-being, reducing stigma, and encouraging help-seeking behaviors. These conversations have the power to save lives, offering hope and resources to those who need it most.

How Can You Participate?

Educate Yourself

Take the time to understand the signs and risk factors associated with suicide. Knowledge empowers us to recognize when someone might be in distress and offer appropriate support.

Listen Actively

Be present and listen without judgment when someone opens up about their feelings. Sometimes, all a person needs is someone who will truly hear them.

Show Empathy

Respond with compassion and understanding. Empathy can create a sense of connection and validation for someone going through a tough time.

Watch Your Language

Be mindful of the language you use when discussing mental health or suicide. Avoid stigmatizing language and stereotypes.

Encourage Help-Seeking

Share information about available resources and support services. Encourage anyone who needs help to reach out to professionals or seek assistance from their support network.

Check on One Another

Reach out to colleagues, friends, or family members regularly. A simple "How are you doing?" can go a long way in making someone feel cared for and supported.

A Call to Action

Let's come together as a community and make a difference in the lives of our colleagues. Throughout September, we encourage you to engage in "Intentional Conversations" with your coworkers. By doing so, we can create a workplace culture that values mental health and prioritizes the well-being of all team members.

Remember, it's okay not to have all the answers. If someone discloses their struggles with mental health or suicidal thoughts, please inform a supervisor, manager, or the HR department so that appropriate support can be provided.

Together, we can break the silence and make a positive impact. By fostering a supportive and understanding environment, we can help prevent suicide and create a workplace where everyone feels valued and appreciated.

Thank you for your dedication to promoting mental health awareness and suicide prevention.