

NEELY EAP

GET THE MOST FROM YOUR EMPLOYEE ASSISTANCE PROGRAM

SEPTEMBER 2022



WELCOME

We are so pleased to be your employee assistance provider. Employee Assistance Programs (EAPs) are a first-line response to providing prevention and short-term problem resolution services. We provide short-term counseling services, seminars, legal services, and financial advice, all FREE of charge to you. Each month our newsletter will be packed full of wellness information and updates about upcoming seminars and webinars.

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WELLNESS SEMINAR

Please join us for our
live seminar

"How to Stay Calm Even
When Others Don't"

SEPT 22 @3PM

[REGISTER HERE](#)

QUARTERLY WEBINAR SERIES

ABC's of Inclusive Leadership

SEPT 8TH @3PM

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Suicide Prevention

By: Courtney Garcia Echeverria

Suicide and COVID-19

Let us start with the obvious - we have a mental health epidemic. Now what happens when we mix a mental health epidemic with a COVID-19 pandemic? A mix of isolation and perhaps suicidal ideation. Depression in the United States tripled in the early months of the global coronavirus pandemic—jumping from 8.5 percent before the pandemic to 27.8 percent. New research from Boston University reveals that the rate of depression had continued into 2021, and even worsened, climbing to 32.8 percent. Senior author Sandro Galea, dean of Boston University School of Public Health says, “The sustained high prevalence of depression does not follow the same patterns we observed after previous traumatic events, such as Hurricane Ike and the Ebola outbreak. Typically, we would expect depression to peak following the traumatic event and then lower over time. Instead, we found that 12 months into the pandemic, levels of depression remained high.”

Statistics on suicide

Suicide remains one of the leading causes of death worldwide. Every year, more people die as a result of suicide than HIV, malaria or breast cancer—or war and homicide. 4.58% of adults say that they have thoughts of dying by suicide, this is an increase of 664,000 people from last year. In 2020, an estimated 12.2 million adults seriously thought about suicide, 3.2 million made a plan, 1.2 million attempted suicide, and 45,979 Americans died by suicide. Every day, approximately 125 Americans die by suicide. Suicide is decreasing globally, but in America suicide is going up. More than twice as many males die due to suicide as females (12.6 per 100 000 males compared with 5.4 per 100 000 females)

Warning signs

It is important to point out that suicide and suicidal ideations are not a normal response to stress. This is something that shows extreme distress and should always be taken seriously. Some warning signs that someone might be suicidal are:

- Talking about wanting to die or wanting to kill themselves
- Talking about feeling empty, hopeless, or having no reason to live
- Talking about feeling trapped
- Feeling unbearable emotional pain
- Talking about being a burden to others
- Withdrawing from family and friends
- Giving away important possessions
- Saying goodbye to friends and family
- Putting affairs in order, such as making a will
- Taking great risks that could lead to death



How suicide can be prevented

- Promote connectedness - If you or someone you know have these warning signs, try to be around other people. Support groups are extremely important here.
- Identify people at risk and support them - those at risk are people that have past suicide attempts, a history of depression, chronic pain, and a history of abuse. Check in on those (or yourself) and offer support.
- Learn coping & problem solving skills - attend counseling.

Counseling

If you are showing any of those warning signs, please use your EAP benefits to reach out to a counselor. If you or someone that you know needs a 24 hour confidential support for suicidal crisis or emotional distress, please call the suicide and crisis hotline at “988”, or text the crisis text line “HELLO” to 741741.

References:
<https://mhanational.org/issues/state-mental-health-america>
<https://mentalhealthmonmouth.org/2022-state-of-mental-health-in-america/>
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<https://www.cdc.gov/suicide/prevention/index.html>
<https://www.news-medical.net/news/20210620/WHO-estimates-suicide-as-one-of-the-leading-causes-of-death.aspx>
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How to stay calm when others don't

By: Courtney Garcia Echeverria

We've all been there - feeling like we're going to explode but trying our hardest to stay calm. Staying calm is a learned technique and, arguably, one of the hardest for us to master depending on your personality. It might be easy to calm yourself down when you're by yourself taking a shower, sitting in a park reading a book, or indulging in that tub of ice cream while watching your favorite show on your cozy bed. Now, how easy is it to stay calm when someone is yelling at you while driving, insulting you when you did something wrong, or just yelling at you because they've had a bad day? Yes, I'm sure some of you got a raise in blood pressure just reading that. It is not easy trying to stay calm when the other party has heightened emotions. This article will touch on four simple ways that you can stay calm, even when others don't.

Breathe

This is one of the most well known, yet more overlooked techniques to staying calm. When breathing, practice using the 4-7-8 method. To do this, inhale through your nose for 4 counts, hold your breath for 7 seconds, then exhale out your mouth for 8 seconds.

8s
exhale

Remind yourself that other people can handle their lives differently than you

When you learn to respect the fact that other people might have different opinions than you, you will find yourself able to choose your battles wisely. Sometimes it is more beneficial to agree to disagree.

7s
hold

Think it through

Sometimes we need to ask ourselves "Is this that important?" or "Am I going to allow this person to steal my peace?" When we start thinking with our emotional brain, we become hyper-focused on the problem and tend to put our rational thinking on the back burner.

4s
inhale

Create more of what's right in the world

Keep a positive mind in order to push past the negativity. Reflect on small daily wins, such as making it to work safely. It also helps to be able to pay it forward. Being able to do a good gesture for someone, speak to someone kindly, or to let another person feel heard are all simple gestures that can brighten your mood.



If you are interested in more coping skills, or further practice on how to implement the techniques in this article, please speak with a therapist through your EAP benefits.

For more information on how to stay calm, tune into your incoming September seminar: **"How to Stay Calm when Others Don't"**, on September 22nd..

References:

<https://www.becomingminimalist.com/remain-calm/>
<https://www.healthline.com/health/how-to-calm-down#Mindful-Moves-15-Minute-Yoga-Flow-for-Anxiety>



WHAT CAN MY EAP DO FOR ME?



At Neely EAP, we understand the challenge of balancing work and life stresses while staying mentally healthy. That's why we've partnered with your employer to offer you the following services free of charge:

- 24/7 Hotline, Access to Confidential Services
- Short-Term Counseling Couch Time Check-In (preventive annual counseling session)
- Legal and Financial Assistance
- Work-life referrals for adult care, childcare, pet care and more
- Wellness Trainings & Online Employee Training Vault
- Critical Incident Stress Debriefing

About our logo

For decades, enslaved African Americans looked to the North Star for hope, inspiration, and freedom. Neely EAP (NEAP) provides the **hope** that your situation will improve, the **inspiration** to move you in the right direction, and the **freedom** to live your best life.

