



PPE FOR MENTAL HEALTH

SUICIDE PREVENTION IN THE WORKPLACE AS A HEALTH AND SAFETY ISSUE

Frank King, The Mental Health Comedian

OVERVIEW

Frank King helps supervisors and leaders appreciate the critical need for suicide prevention, creating a forum for dialogue and critical thinking about workplace mental health challenges. He builds a business case for suicide prevention while promoting help-seeking and help-giving. Interactive exercises and case studies help employers and their staff apply and customize the content to their specific work culture.

This program, based on Working Minds: Suicide Prevention in the Workplace, developed by the Carson J Spencer Foundation. This program addresses a gap in the workplace regarding suicide prevention and relies on best practices and insights from mental health service providers.

The program covers depression and suicide signs, symptoms, and solutions in four modules.

- > **Suicide Prevention in the Workplace**
- > **What to Do When Someone is Suicidal**
- > **Conversations About Suicide**
- > **Suicide Postvention**

OUTCOMES

Supervisors and leaders who attend this workshop will have:

- > **More awareness of suicide prevention and its role in the workplace**
- > **Have tools for dialogue and critical thinking about workplace mental health challenges**
- > **Be better prepared to promote help-seeking and help-giving in the workplace.**

ROI: Increase profit while transforming culture and improving wellbeing

Mental illness and substance abuse costs employers an estimated \$225.8 billion each year, according to a recent study that featured a random sample of over 28,000 workers in the US. The largest indirect cost of mental illness comes in the form of decreased performance due to absenteeism, or regularly missing work, and presenteeism, or working while sick.

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In the workplace it's often difficult to detect depression or other mental illness that can lead to suicide. Suicide is not something that is often listed on the OSHA recordable logs, yet one can see the on the far-reaching and often long-lasting implications on the workplace when it occurs. As part of the overall approach of preventing workplace injuries, we must address depression and suicide as a health and safety issue and then a productivity problem.

While most employers notice absenteeism, they often overlook presenteeism. A study measuring health-related productivity estimated that individuals working with untreated illnesses cost employers \$1,601 per person each year. By gaining more understanding of how to recognize and deal with mental illness in the workplace, organizations will have safer and more productive workforces.

This program is available as a workshop or keynote presentation.

ABOUT FRANK



Frank King, Suicide Prevention and Postvention Speaker and Trainer was a writer for *The Tonight Show* for 20 years.

Depression and suicide run his family. He's thought about killing himself more times than he can count. He's fought a lifetime battle with major depressive disorder and chronic suicidality, turning that long dark journey of the soul into five TEDx Talks and sharing his lifesaving insights on mental health awareness with associations, corporations, and colleges.

An inspirational and motivational speaker who uses his life lessons to start the conversation giving people permission to give voice to their feelings and experiences surrounding depression and suicide.

And doing it by coming out, as it were, and standing in his truth, and doing it with humor.

He believes that where there is humor there is hope, where there is laughter there is life, nobody dies laughing. The right person, at the right time, with the right information, can save a life.

For more information or to book Frank, contact the Safety Institute:

Email: info@safetyinstitute.com

Phone: 800-259-6209

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