

Contact and Resources Information

DESIGNATED AGENCY:



Available 24/7/365
802-442-5491
ucsvt.org

Workplace Considerations After a Suicide or Other Unexpected Death

INTERNAL CRISIS CONTACT/POINT PERSON:

Name: _____

Email: _____

Phone: _____

INTERNAL CRISIS CONTACT/POINT PERSON:

Type: _____

Name: _____

Email: _____

Phone: _____

Type: _____

Name: _____

Email: _____

Phone: _____

Type: _____

Name: _____

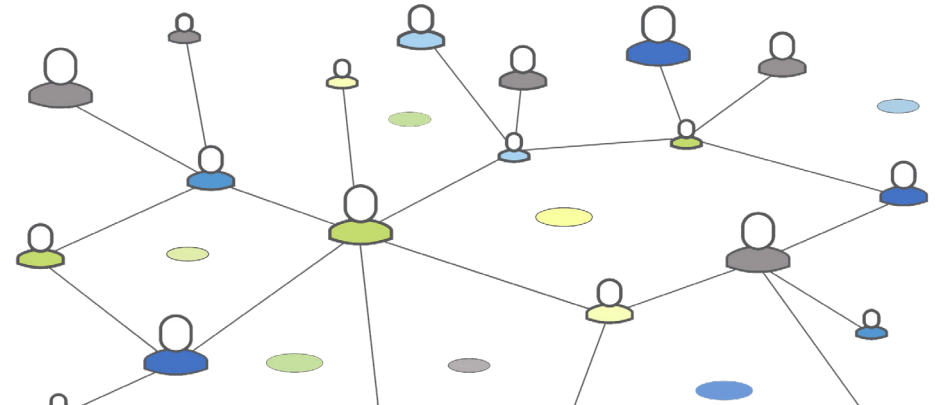
Email: _____

Phone: _____

NOTES: _____

As a **Business Owner** or **Workplace Supervisor**, you may be interacting with people affected by suicide or an unexpected death in one of the places they spend most of their time – the work site.

This brochure provides postvention information that will aid in the response to a suicide or unexpected death that has occurred in the workplace or community.



Not sure where to start?

Call your local Designated Agency: **United Counseling Service (UCS)**
802-442-5491



Available 24/7/365 | **802-442-5491** | ucsvt.org

Adapted with permission [Workplace Considerations After a Suicide or Other Unexpected Death] from **Center for Health and Learning**, PO Box 1276, Brattleboro VT 05301; healthandlearning.org.

Adapted with permission [Workplace Considerations After a Suicide or Other Unexpected Death] from **Howard Center**, 208 Flynn Avenue Suite 3J Burlington, VT 05401; howardcenter.org.



What is Postvention?

Postvention is the organized response after a suicide or other unexpected death has occurred that aims to facilitate healing from grief and distress, mitigate the negative effects of exposure to suicide and to prevent suicide among those who are at high risk. It is best practice for postvention to occur within the week following a death.

When following the postvention steps, check in with those you work with, e.g., Human Resource Departments and Employee Assistance Programs for protocols that may be in place to establish roles and responsibilities.

It may be helpful to identify a point person or response leader. This individual can be a business owner or any other individual comfortable with taking on the role. All incoming and outgoing information is channeled through the point person/response leader.

Please don't feel alone in your response. Every business, even those with a Human Resources Department or Employee Assistance Program, can reach out to the local Designated Agency for postvention support.

FOR MORE DETAILED INFORMATION visit <https://ucsvt.org/postvention-for-employers> to learn more about postvention protocols and steps you can take following a suicide or unexpected death. The following resources are available:

- Workplace Considerations After a Suicide or Other Unexpected Death Handbook
- Postvention Quick Guide
- Public Statements and Media Guidelines

NEED HELP FOR MENTAL HEALTH?

Talk to someone you trust – a family member, friend, health care provider or faith leader.

In Crisis?

- Text **VT** to **741741**
- Call **2-1-1** or **9-8-8** to connect to your local mental health agency
- Call **802-442-5491** to reach United Counseling Service (UCS)
- Call the National Suicide Prevention Lifeline: **800-273-TALK (8255)**
- Call the LGBTQ Crisis Hotline - The Trevor Project: **1-866-488-7386**
- Call the Veterans Crisis Line: **1-800-273-8255** and **press 1**

Postvention Steps Quick Guide

PRIORITY ACTION

These priority action steps are critically important parts of postvention

01

IDENTIFY POINT PERSON/LEAD CONTACT

All information and communications should be channeled through the point person/lead contact.

02

GATHER INFORMATION

Before moving forward with any steps gather and confirm as much information as possible about the situation.

PRIORITY ACTION

03

RESPECT THE PRIVACY OF THE INDIVIDUAL

Recognize the individual's needs for privacy in the workplace, unless authorized to do so, do not share information with other people. If asked for details, respond as you would with any other medical emergency—acknowledge concern without sharing details.

04

MAKE FOLLOW-UP CONTACT

Reach out as soon as possible, even if briefly, to family members and impacted staff.

05

IMMEDIATE PROFESSIONAL FOLLOW-UP

Have one person make all official statements and actively discourage rumors, gossip, and speculation.

06

TAKE CARE OF YOURSELF

Recognize that you need support too, and ask for help if you are struggling.

PRIORITY ACTION

07

ASSESS NEED FOR IMMEDIATE SUPPORTS

Give out printed resources, talk with those affected and reach out to those who may need extra attention. Call your designated mental health agency or 2-1-1 to identify resources and support.

PRIORITY ACTION

08

PROVIDE ONGOING SUPPORT & CARE

Keep hard copies of resources in central locations and promote the availability of resources. Routinely check in with impacted staff.

09

WORK TO REDUCE STIGMA

Regularly find ways to promote open communication about mental health and lead by example by speaking up about the importance of mental health.

10

PREPARE FULLY CONFIRMED WRITTEN STATEMENT

You may want to issue a clear and specific written statement or have information on your website or social media; consult with the family about appropriate details to share, if applicable.

11

MAKE NOTIFICATIONS

Public announcements and notifications should only be made by the point person/lead contact or designated public contact for your organization.

12

OFFER EDUCATION

Offer suicide prevention training workshops after the community has had some time to recover.