



U.S. Customs and
Border Protection

CBP is committed
to caring for its
employees and
family members.

A lighthouse with a bright, glowing light at the top, set against a dark blue sky with a faint rainbow. The light creates a lens flare effect.

Shine a Light
Suicide Prevention and
Awareness

If You See Something, Say Something

- **Check in** if someone seems hopeless, like a burden to others, is using more alcohol or medications than usual or is acting differently than they normally do.
- **Tell them you care**, ask them the hard question: “Are you thinking about ending your life?”
- **Understand** this will not make them feel worse or become suicidal.
- **Call** the Suicide & Crisis Lifeline at 988.

Most suicidal individuals just want to know you care.

Family members are an important part of the CBP family.

CBP Has a Safe Harbor

- Many believe that officers/agents and non-uniformed employees will suffer negative consequences from seeking help for suicidal thoughts or other life difficulties.
- In CBP's Safe Harbor:
 - Employees are sheltered while seeking, receiving, or continuing mental health treatment for at least 12 months.
 - Employees will not be referred for a Fitness for Duty Examination solely based on pursuing or receiving mental health care.
 - An employee's pay, job, clearance, or law enforcement authority will not be affected simply for seeking help.



**If you're the one struggling,
consider using these tools and resources:**



**Crisis
Intervention**



**Substance
Abuse and
Misuse**



**Family
Support
Programs**



**Suicide
Prevention
Podcasts**



U.S. Customs and
Border Protection