

Suicide prevention involves all of us

*****SOT*****

Staci Knox, manager of Psychological Services at OSF HealthCare in Alton, Illinois

“You think about our culture, it's very much an admirable trait to be tough and to just buck up and get through it. It's not easy to experience symptoms and then be able to identify that they're not fleeting.” (:22)

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Staci Knox, manager of Psychological Services at OSF HealthCare in Alton, Illinois

“They're struggling to get out of bed. They're struggling to not call off for work. At work, they're struggling not to be written up for like irritability or conflicts that happen in the workplace. In their home life, they may be struggling in their relationships. They may be isolating.” (:27)

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Staci Knox, manager of Psychological Services at OSF HealthCare in Alton, Illinois

“Stretching and keeping our body moving. Depending on your physical limitations, it could be stretching in a chair or getting out in nature and hiking.” (:11)