



WHY US? STRESS, STIGMA & SPEAKING UP

Naming Our Stressors · Breaking the Silence · Backing Each Other Up

94%

of us believe suicide
can be prevented

96%

of us would step in for
someone we're close to

1 in 3

of us actually feel sure we'd
spot the warning signs

THE STRESS THAT ADDS UP

Here's how stress actually stacks up, day to day:

- **Life stress:** money problems, relationship strain, housing that isn't stable, health issues.
- **Work stress:** unpredictable schedules, layoffs between jobs, and time away from family.
- **Body stress:** chronic pain from old injuries, often carried instead of treated.

IT'S RARELY JUST ONE THING.

Money trouble, an injury, and time away from family don't stay separate — they stack. That pile-up is what makes stress dangerous.

WHAT HELPS PUSH BACK ON IT

- Staying connected to the crew, even on rough weeks.
- Keeping some kind of routine when the schedule allows it.
- Sleep and food — the basics that get skipped first.

WHY WE STAY QUIET

TWO KINDS OF STIGMA

SOCIAL STIGMA

Being treated with disrespect by others for a mental health struggle. Makes it harder to ask for help out loud.

SELF-STIGMA

Judging yourself for struggling. Makes it harder to accept help even when it's offered.

MYTH: Asking for help means you can't
hack it on the crew.

FACT: Almost all of us (96%) say we'd
step in for a crewmate who was struggling.

*Asking isn't the weak move. Staying silent is
what actually leaves people stuck.*

UP NEXT — SESSION 03

Only 1 in 3 of us feel sure we could spot the signs. Session 03 closes that gap — the exact words, behaviors, and changes to watch for.

01

NOTICE THE PILE-UP

Stress from work and home adds up. Watch for it building — in yourself or a crewmate.

02

SAY IT OUT LOUD

Naming stress out loud, even briefly, is what breaks the silence stigma creates.

03

POINT TO SUPPORT

If someone's carrying too much, mention 988 or your EAP. You don't have to fix it alone.

IF SOMEONE IS STRUGGLING — SAY SOMETHING

Call or Text 988 · Suicide & Crisis Lifeline · Available 24/7, Free & Confidential

You don't need the right words. Asking “Are you okay?” and meaning it is enough to start.

COMPASS // MENTAL HEALTH & SUICIDE AWARENESS // SESSION 02

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