

KAREN FORNER

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Karen@EmployerSolutionsLaw.com



EMPLOYER
SOLUTIONS
LAW

LABOR & INDUSTRIES

- WORKERS' COMPENSATION
- SAFETY (WISHA/DOSH)
- WAGE AND HOUR
- REVENING WAGE

EMPLOYMENT LAW

- DISCRIMINATION
- POLICIES AND HANDBOOKS
- EEOC/HRC
- UNEMPLOYMENT

TRAINING



EMPLOYER
SOLUTIONS
LAW

MENTAL HEALTH AND SUICIDE AWARENESS

Karen Forner



Karen G. Forner

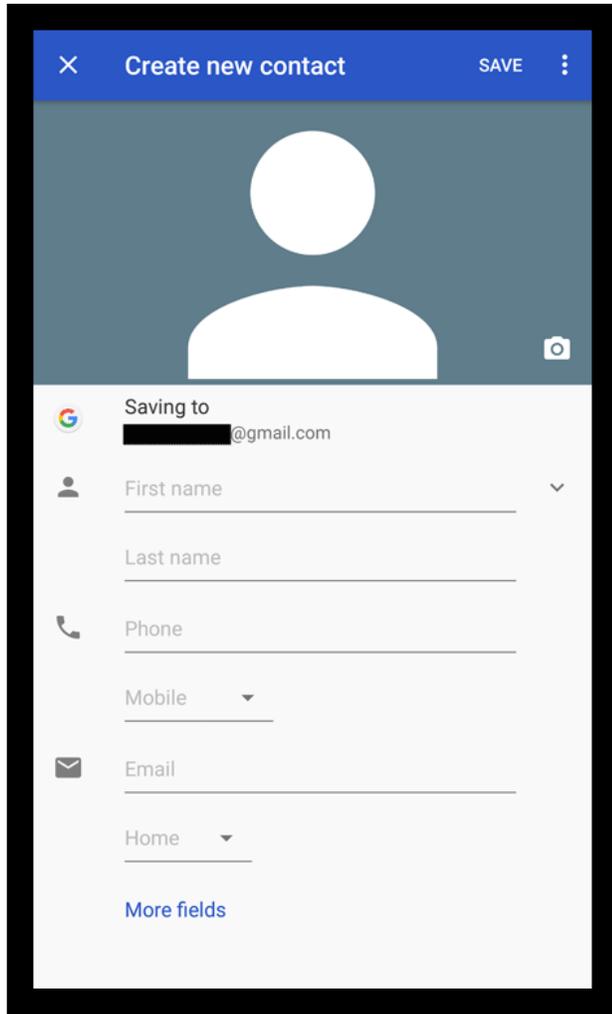
Born and raised in Washington State

Attended Whitman College and UW Law

14 years with Attorney General's Office in L&I Division

Private Practice Representing Employers on all L&I Issues and Employment Law since 2007

Frequent Trainer and Presenter



**SUICIDE PREVENTION LIFELINE:
1-800-273-(TALK) 8255**

*FCC just approved **988** as the three-digit number to dial and be directed to the 24/7 national hotline – Effective by July 2022.

**CRISIS TEXT LINE:
Text any word to 741-741**

**Email Karen and she will email you the
contact or Text it to you.**

LEARN

- L Look for Signs
- E Empathize and Listen
- A Ask Directly About Suicide
- R Remove the Danger
- N Next Level of Care

SUICIDE LIFELINE

800-273-8255 OR TEXT 741741

RESOURCES



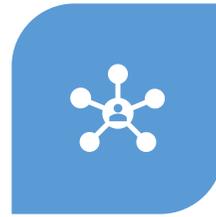
FOR IMMEDIATE HELP WITH
A SUICIDE CRISIS
CALL **1-800-273-TALK (8255)**.



CRISIS TEXT LINE: **TEXT
HELLO (OR ANYTHING) TO
741741**
(24-HOUR SUPPORT)



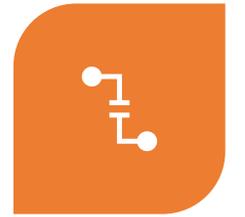
TO LEARN MORE ABOUT THE
COMPREHENSIVE
APPROACH TO WORKPLACE
SUICIDE PREVENTION, VISIT
THE NATIONAL ACTION
ALLIANCE FOR SUICIDE
PREVENTION:
[HTTPS://THEACTIONALLIANCE.ORG/COMMUNITIES/WOR
KPLACE](https://theactionalliance.org/communities/workplace)



GET TO KNOW YOUR EAP
OR COMMUNITY MENTAL
HEALTH PROFESSIONALS.
INVITE THEM TO GET TO
KNOW THE EMPLOYEES AND
THE CULTURE OF THE
CONSTRUCTION INDUSTRY.



PRINT OUT A WALLET CARD
FOR HELP AND WARNING
SIGNS:
[HTTP://WWW.CONSTRUCTI
ONWORKINGMINDS.ORG/W
ALLET-CARDS.HTML](http://www.constructionworkingminds.org/wallet-cards.html)



DOWNLOAD A FIVE-STEP
MODEL FOR SUICIDE
PREVENTION HERE:
[HTTP://WWW.INTHEFOREFR
ONT.ORG/WP-
CONTENT/UPLOADS/2017/0
9/PDT_LEARN_ONEPAGERC
OLOR_2018_07_27.PDF](http://www.intheforefrontont.org/wp-content/uploads/2017/09/PDT_LEARN_ONEPAGERCOLOR_2018_07_27.PDF)

<https://www.samhsa.gov/find-help/national-helpline>

mantherapy.org

<http://www.intheforefront.org/>

CDC – Coping with Stress <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

POSTERS - <https://preventconstructionsuicide.com/Posters>



Suicide & Mental Health Resources

<https://www.samhsa.gov/find-help/national-helpline>

mantherapy.org

<http://www.intheforefront.org/>

CDC – Coping with Stress <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

POSTERS - <https://preventconstructionsuicide.com/Posters>

National Action Alliance for Suicide Prevention:
<https://theactionalliance.org/communities/workplace>

WALLET CARD: <https://www.constructionworkingminds.org/wallet-cards>

- Check with your insurance agent and industry association.
- Employee Assistance Programs.

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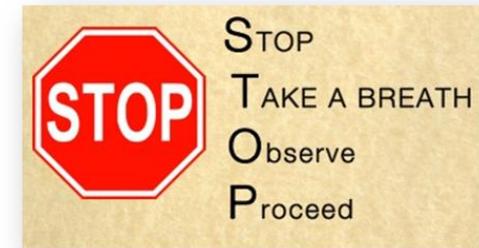
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Link

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KAREN GALIPEAU FORNER



Founder and Partner

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Questions?

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