

# SUICIDE PREVENTION DAY IS SEPTEMBER 10TH



National Crisis &  
Suicide Lifeline



## REAL TALK ABOUT SUICIDE

Suicide is one of the leading causes of death worldwide. While rates are decreasing globally, suicides in the Americas are increasing (World Health Organization). Suicide is preventable. If you or someone you know is struggling, help is just a phone call away.



**Dial 1.800.999.1077 for**  
to access your Employee Assistance Program

### DID YOU KNOW?

- ❖ Through your employer you have access to free counseling sessions.
- ❖ Services are provided through Acentra Health (formerly Kepro), a global provider of quality wellness services.
- ❖ Services are **completely confidential**.



Learn about ways to prevent suicide by attending a free **ON-DEMAND SEMINAR**, available on and after 9/10.

**SCAN THIS QR CODE**  
Enter Code: **DOUGLAS**  
Click on: "Online Seminars"