

SUICIDE PREVENTION

AWARENESS MONTH

You Are Not Alone. Help is Available.

September is Suicide Prevention Awareness Month, a time to raise awareness, reduce stigma, and encourage open conversations about mental health and emotional well-being. Everyone faces challenges differently, and it is important to remember that support is available. Reaching out for help is a sign of strength.

SPOTTING THE SIGNS

A person may be struggling if they are:

- Talking about feeling hopeless or trapped
- Withdrawing from friends, family, or activities
- Expressing feelings of being a burden
- Showing extreme mood changes
- Increasing their use of alcohol or drugs
- Giving away possessions or saying goodbye
- Expressing thoughts of self-harm or suicide

HOW YOU CAN HELP

- Check in with someone who may be struggling
- Listen without judgment
- Expressing feelings of being a burden
- Encourage them to seek professional support
- Take concerns seriously
- Act immediately if someone is in crisis

IF YOU OR SOMEONE YOU KNOW NEEDS HELP

Call or text 988. The 988 Suicide & Crisis Lifeline provides free, confidential support 24 hours a day, 7 days a week for people in distress, as well as prevention and crisis resources for loved ones. In an emergency, call 911 immediately.

SUPPORT IS AVAILABLE

At EMR, your mental health matters. Through Optum, EMR provides eligible employees and dependents with Emotional Wellbeing Solutions (EWS). This modern, flexible Employee Assistance Program, together with WorkLife Services, offers support for everyday life. You and your dependents have access to six (6) face-to-face or telephonic sessions per incident, per year. Sessions with a counselor are completely confidential and available at no cost to you. Contact Optum at 866.374.6061 and use the company access code: EMR.

START A CONVERSATION AND BE THE DIFFERENCE

Asking someone how they are really doing—and being ready to truly listen—can save a life. Suicide Prevention Awareness Month is a reminder that no one has to face their struggles alone—help is available, healing is possible, and one honest conversation can make all the difference. Talking about suicide does not cause harm; silence can. This month and beyond, we encourage everyone to foster compassionate, courageous conversations that promote connection, support, and hope.

SOURCES

→ <https://healthylearn.com/connerstrong/hn/suicide-signs-getting-help.html>

→ <https://healthylearn.com/connerstrong/hn3/suicide-prevention-at-work.html>

→ <https://healthylearn.com/connerstrong/possible-suicide.html>

Disclaimer: This information is for general awareness only and is not a substitute for professional medical or mental health advice. If you or someone you know is in crisis, call or text 988. In an emergency, call 911 immediately.