



EMPLOYEE ASSISTANCE PROGRAM

SUICIDE PREVENTION AWARENESS



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.

NATIONAL CRISIS & SUICIDE LIFELINE



988

If you need immediate help, dial 988

DID YOU KNOW?

- You have access to up to six free counseling sessions.
- Services are provided through Acentra Health, your Employee Assistance Program.
- Services are **completely confidential**.

Learn more about how to take critical and effective action if someone you know is struggling by visiting: [nimh.nih.gov/suicideprevention](https://www.nimh.nih.gov/suicideprevention)



Call 1.833.539.7285 to access your Employee Assistance Program



Scan this QR code to go directly to the EAP website

