

HELP is available.
HOPE is real.
HEALING is possible.



Every September, we recognize National Suicide Prevention & Awareness Month and put all of our efforts into reducing the stigma to get people the professional mental health support they need. This year, join us in spreading awareness by downloading and sharing our **Suicide Awareness Toolkit**. It includes Kelley's video story, posters, gifs, and articles to help know the signs, the words and what to do to help prevent suicide.

The more you know, the more lives we can save.

Seek help if you or someone you know is showing any of the following warning signs:

- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Giving away prized possessions
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

Life can be difficult, and some days can feel really heavy. But you are never alone. Call your **Employee Assistance Program (EAP)** for free, confidential counseling sessions to talk about what you're experiencing and work toward lighter days.

If you or anyone else is in crisis, call the **National Suicide Prevention Lifeline** at **1-800-273-8255** or reach out to the EAP Support Line.

Visit ndbh.com/suicide to download the toolkit and learn more.

Sign up to attend this month's free webinars on *Mindful Eating* and *Mindfulness for Managers* by clicking the link or visiting our homepage.