



SUICIDE PREVENTION: KNOW THE SIGNS, SAVE A LIFE



September is Suicide Awareness and Prevention Month

Suicide is a major public health concern and can affect anyone, **regardless of age, gender, or socioeconomic status.**

Common warning signs can include:

- Talking about suicide, death, or wanting to die
- Increased use of drugs or alcohol
- Isolating oneself from friends and family
- Giving away prized possessions
- Expressing feelings of hopelessness or worthlessness
- Acting recklessly or engaging in risky behaviors

If you or someone you know is exhibiting any of these warning signs, it is important to seek help immediately.

Need Help?

CALL : 1-800-624-2593

Log On to the Member Portal

**Your company name is your username and password

How National EAP Can Help.

► National EAP offers a variety of services to help prevent suicide, including:

- Confidential counseling services
- Referrals to mental health professionals
- Crisis intervention services
- Education and training on suicide prevention

Contact Us To Request Help

800-624-2593 | info@nationaleap.com

► Wysa: Mental Resilience App

- Download Wysa, our CBT-based app that offers AI-powered chatbot, for personalized emotional support, and 150+ self-care tools.



► Member Portal

- Access timely articles, tip sheets, and expert guidance focused on suicide prevention, including how to recognize warning signs, support others in crisis, and care for your own mental health.
- Visit the member portal for valuable tools that promote emotional well-being and connection.



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