



## Know the Signs, Save a Life

**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](#)

## 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](mailto: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 substance abuse, recovery, including how to reduce the stigma, support others in recovery, and care for yourself through your own journey.
  - Visit the member portal for valuable tools that promote emotional well-being and connection.

