

September is Suicide Prevention Month

Mental health is important

Suicide is a leading cause of death in the US

Learn more about the warning signs of suicide, ways to help prevent suicide, and effective treatment options.

Your EAP can help

Your EAP can help connect you with a licensed therapist at no cost to you and your family.

Call your EAP to learn more.



800-324-4327

CRISIS COUNSELORS

24/7



**Interface
Behavioral
Health**

Save a Life

Ask "Are you thinking of suicide?"

Show up for that person

Keep them safe by knowing if they have a plan or access to lethal means

Help them connect to resources and information on mental health professionals

Follow up and see how they are doing