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Suicide prevention awareness

Suicide is a topic that many people feel uncomfortable discussing, even with friends and loved ones. But knowing the facts about suicide and how to talk about it can be crucial for helping family members, friends, coworkers – and yourself.

Your Employee Assistance Program (EAP) benefit can help you:

- Increase your awareness
- Recognize the warning signs
- Find assistance and support

To learn more about the resources available and to find support, contact us today.

