



# Shine a Light on SUICIDE PREVENTION

Suicide prevention is important every day of the year. The month of September gives us an opportunity to shine an encouraging light on a topic that affects us all, and send a clear, hopeful message that help is available, and suicide can be prevented.

World Suicide  
Prevention Day  
9/10/23

National Suicide  
Prevention Week  
9/11/23-9/16/23

Suicide Prevention  
Awareness Month  
9/1/23-9/30/23

## HERE ARE SOME WAYS WE CAN MAKE A DIFFERENCE THROUGHOUT THE MONTH AND ALL YEAR LONG :

- 💡 Educate yourself and others about the warning signs, risk factors, and protective factors for suicide.
- 💡 Make it ok for everyone to talk about mental health and stigma.
- 💡 Help to build a kinder world.
- 💡 Learn the five action steps for communicating with someone who may be suicidal
- 💡 Discover solidarity and community through shared storytelling around mental health.

Whether you're experiencing everyday stress or a major life challenge, let **CCA@YourService** help. The program provides you and your family members free, around-the-clock access to a range of stress management and work-life balance resources.

**CCA**   
**@YourService**

**ALWAYS AVAILABLE AND CONFIDENTIAL.**

**COUNSELING SERVICES**  
**REQUEST FORM: [cca.eapintake.com](https://cca.eapintake.com)**

**ACCESS LINE: 800-833-8707**

**WEB: [www.myccaonline.com](https://www.myccaonline.com)**  
Company Code: stjohns

