



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 *Johns Hopkins Employee Assistance Program (JHEAP)* help.

The program provides you and your household members free, around-the-clock access to a range of stress management and work-life balance resources.

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COUNSELING SERVICES
REQUEST FORM: cca.eapintake.com

ACCESS LINE: 888-978-1262

WEB: www.myccaonline.com
Company Code: **JHEAP**

APP: [CCA@YourService](#)
Access Code: **JHEAP**

