



WEBINARS

Introducing your go-to resource for enhancing mental health and well-being.



SUICIDE PREVENTION IN THE WORKPLACE: LEARN HOW YOU CAN SAVE A LIFE

FRIDAY, SEPTEMBER 6, 2024 AT 1 P.M. CDT

Suicide is a major cause of death among working-age people. Prevention, including crisis response and mental health access, must involve the workplace, where employers and employees can play a key role in suicide prevention.

This workshop will help you:

- Recognize warning signs for suicide and emotional distress
- Walk you through action steps to take to express concern
- Connect colleagues to the appropriate level of support

Many of us spend more waking hours interacting with coworkers than we do with friends or family members. Let's work together to bring suicide out of the shadows by learning how to respond confidently, compassionately, and effectively to a co-worker in crisis.



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