

SEPTEMBER 10

# WORLD SUICIDE PREVENTION DAY

**Suicide remains a critical global issue,  
affecting individuals and communities  
worldwide.**

The International Association of Suicide Prevention has issued a call to action with the hashtag **#StartTheConversation**, encouraging everyone to engage in open dialogs about mental health and suicide.

➤ **Attend our free online recorded seminar:**

## **Speak Up: Saving Lives Through Conversations**

This online seminar is a recorded, on-demand event and will be released on your Employee Assistance Program website on September 10, 2024.

### **Participants will benefit by being able to**

- Understand the importance of open dialog in suicide prevention efforts
- Recognize the impact of conversations on mental health and suicide prevention
- Learn effective communication techniques to support individuals at risk of suicide
- Gain insight into the role of active listening and empathy in saving lives through conversation

## **YOUR EMPLOYEE ASSISTANCE PROGRAM**

Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best.

Just call [or log on to get started.](tel:800-346-0110)

### **TOLL-FREE:**

800-346-0110

### **WEBSITE:**

[www.inova.org/eap](http://www.inova.org/eap)

