

WORLD SUICIDE PREVENTION DAY

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This year's theme, "**Changing the Narrative on Suicide**" calls for a shift from silence and stigma to openness, empathy, and support. By transforming how we talk about suicide, we can foster honest conversations, encourage help-seeking, and create a culture where everyone feels seen and supported.

Join the conversation using **#StartTheConversation**, reminding us that even small dialogues can break barriers and save lives.

Attend our free online recorded seminar:

Participants will benefit by being able to

- **Explore the role of meaningful conversations** in preventing suicide and supporting mental health.
- **Identify warning signs** and learn how to respond with compassion and confidence.
- **Practice supportive communication techniques** that can make a real difference.
- **Discover ways to foster hope and resilience** in themselves and others



Conversations That Matter: Building Hope and Support

This online seminar is a recorded, on-demand event and will be released on your Employee Assistance Program website on **September 10, 2025**.

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.

TOLL-FREE: 800-346-0110

www.inova.org/eap

#StartTheConversation