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Subject: 📌 WORLD SUICIDE PREVENTION DAY — SEPTEMBER 10



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WORLD SUICIDE PREVENTION DAY

SEPTEMBER 10

**Preventing tragedy: empowering
supportive conversations**

A STRONGER TOMORROW
STARTS WITH A CONVERSATION

*People
Matter* 

LISTEN
LEARN
SUPPORT
MAKE A
DIFFERENCE

This year for World Suicide Prevention Day, join us as we engage in openness, empathy, and support. Attend our free online recorded podcast from your member website.

Continue the conversation as we break down stigma and help you learn to 'Recognize. Respond. Support.' those who may need appropriate resources for their emotional and mental health journey.



Podcast Highlights



Uncover knowledge and gain confidence to engage in supportive, potentially life-saving conversations.



Learn to foster awareness and communication skills.



Reflect on what you can do to help build a safer, more responsive community where people feel seen and supported.



Why Tune In?

Participants will:



Recognize: learn how to recognize signs of distress.



Respond: use strategies to approach difficult topics with empathy.



Support: discover what sorts of appropriate resources are available for someone needing help.

*You
Are Not
Alone*

CONVERSATIONS
CAN SAVE LIVES



Available From:
September 10



Access:
visit your member website using
the details included here.



Website:
www.my-life-resource.com



Username:
waynecounty



Password:
myresource



*Scan to
Access*

Let's Keep the Conversation Going 

HMSA HEALTH MANAGEMENT
SYSTEMS OF AMERICA
HELPING PEOPLE LIVE HEALTHIER LIVES

SUPERVISORS: PLEASE PRINT AND DISTRIBUTE THIS INFORMATION TO ALL COUNTY EMPLOYEES WITHOUT COUNTY EMAIL ACCESS.

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