



September is Suicide Prevention and Awareness Month

This month is a reminder that education, understanding and early support can save lives. Your EAP is here to provide confidential resources, counseling and guidance to help you or a loved one navigate difficult times. Together, we can learn lifesaving tips and how to approach conversations about suicide. There is *always* someone to help.

Help is available right now. If you or someone you know is in crisis, call the **National Suicide Prevention Lifeline** at **9-8-8** or **800-273-8255**.

Suicide risk is real, but preventable

It's a scary thought and sobering topic, but conversation brings hope. **With the right support system and understanding of risk — suicide can be prevented.** Access our [Suicide Awareness & Conversation Toolkit](#) to share lifesaving tips.

Help is available: Recognize the signs

Challenging times can feel overwhelming, but support is available. Learn to Live's [Suicide Prevention](#) webinar guides us on recognizing warning signs and connecting others with help. Additional programs and resources can support your path to better well-being.

Tip Sheet: Coping with suicide grief

In [this tip sheet](#), learn about the different and common grief reactions if a loved one dies by suicide in our and share with others who may be struggling.

Explore new resources this month

[The Cost of Drinking and Driving](#) (Tip Sheet)

[Acing Your Family's Back-to-School Routine](#) (Video)

[The Importance of Sleep](#) (Tip Sheet)

[The Mind-Heart Connection](#) (Tip Sheet)

Get started with your EAP by joining [this month's free webinars](#):

Depression - Helping Yourself and Others
Wednesday, September 17, 2025
[Morning - 12PM - 1PM EST](#)
[Afternoon - 3PM - 4PM EST](#)

Delegating for Development
Wednesday, September 24, 2025
[Morning - 12PM - 1PM EST](#)
[Afternoon - 3PM - 4PM EST](#)

September 2025

Work Well. Live Well.

◆ Your well-being is our priority.

Lucet EAP provides confidential support, counseling services and resources to help you overcome life challenges and live a happy, balanced life.

Call 800-624-5544
Visit eap.lucethealth.com