



Sept 2026

Work Well. Live Well.

Starting the Conversation Matters

Talking openly about mental health can save lives. This month, explore ways to recognize signs of emotional distress, support friends, family members and coworkers, and learn how to connect individuals with the help they need.

[Log In to Access EAP Resources](#)

Create safe and secure spaces

Creating a safe and supportive environment can make a meaningful difference for someone at risk of suicide. Read more about ways to foster open communication.

[Log In to Read More](#)

Progress, not perfection

Depression recovery is rarely a straight path. Read more about navigating the ups and downs, managing difficult thoughts, and building resilience along the way.

[Log In to Read More](#)

Making hope a habit

Michelle's story reminds us that as much as we can educate about prevention, the truth is, there may not always be signs. There may not have been anything we could have done differently, and accepting that is key to survivor healing.

[Watch video](#)

Access our Suicide Awareness & Conversation Toolkit

learntolive

Monthly Resources

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**.

Lucet EAP offers resources to help you navigate this sensitive topic including:

- An [on-demand webinar](#) on how to talk about suicide, recognize common myths and understand risk factors.
- An article on [helping someone struggling with suicidal thoughts](#).
- If you've lost someone to suicide, there are additional resources available to help you [cope and heal](#).

[Log In to View All Learn to Live Webinars](#)

Access these resources using your company code: Contact Your Customer Success Manager.

Reaching out for support, for yourself or a loved one, is a *powerful first step*.

Suicide Awareness
Wednesday, Sept 16, 2026
[Morning - 12PM - 1PM EST](#)
[Afternoon - 3PM - 4PM EST](#)

Suicide Awareness for People Leaders
Wednesday, Sept 23, 2026
[Morning - 12PM - 1PM EST](#)
[Afternoon - 3PM - 4PM EST](#)

◆ 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