Suicide Awareness and Prevention

According to the CDC, suicide is the second leading cause of death among people aged 10 to 34 and the tenth leading cause of death in the U.S. The suicide rate has increased by 35 percent since 1999. Here is what you can do to help a friend or family member who is experiencing emotional pain.

Also, the following resources are available 24/7 to help anyone struggling with suicide:

**National Suicide Prevention Lifeline**
www.suicidepreventionlifeline.org
1-800-273-8255

**Crisis Text Line**
www.crisistextline.org
Text “HOME” to 741741

For additional information about suicide prevention services, as well as other issues, contact your EAP coordinator at coordinator listing or call 1-800-822-0244.