

Suicide Prevention and Recovery

Suicide and substance use disorders are more common than most people think. This month we explore these topics and provide resources and tools to support you and the people close to you.

In this month's engagement toolkit, you'll find:

Trending topic on creating a recovery support network.

Featured articles on:

- Why it's important to check in on loved ones who seem OK.
- Raising awareness for World Suicide Prevention Day.
- Opioid use and misuse growth, prevention and treatment.
- 5 things that belong in your mental health emergency kit.

FAQ on what to do in a mental health emergency.

Guide for caregivers on providing decision support.

Self-care tips for people helping care for someone in recovery.

Interactive worksheet for creating positive affirmations to empower yourself.

Link for members to easily access their benefits portal.

Member training course Suicide prevention.

Manager training resources, including Leaders supporting recovery in the workplace.

[View toolkit](#)

What to expect each month:



Latest topics: Connect with up-to-date content that focuses on a new topic every month.



More resources: Get access to additional resources and self-help tools.



Content library: Ongoing access to your favorite content.



Support for everyone: Share tool kits with those you think might find the information meaningful.

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