

# We can all help prevent suicide

## September is National Suicide Prevention Month

If you or someone you know needs immediate assistance, call the National Suicide Prevention Lifeline:

**1-800-273-8255 with three-digit dial in code (988)**

Your SupportLinc program has a variety of resources to learn the warning signs of suicide and save a life, including:

- Videos, articles and tip sheets on your web portal at [supportlinc.com](http://supportlinc.com)
- Mental Health First Aid toolkit at [www.mhfirstaid.tools.com](http://www.mhfirstaid.tools.com)
- Licensed clinicians available 24/7/365 for support by calling 1-888-881-LINC (5462)



Download  
the mobile  
app today



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