

World Suicide Prevention Day is on 10 September

Let's work together to help prevent suicide

World Suicide Prevention Day is an opportunity for people across the globe to raise awareness around suicide risk and suicide prevention.

- Suicide prevention remains a universal challenge. One in every 100 deaths worldwide is the result of suicide. It can affect each and every one of us.
- You can make a difference:
 - [Educate yourself and others](#) about the warning signs, risk factors, and protective factors for suicide.
 - [Stand up to stigma](#).
 - Share your own experiences to [give hope and courage to others](#).
 - Make time to [check in with and listen to someone in distress](#).
Small talk can save lives and create a needed sense of connection.
 - [Light a candle](#) near a window at 8pm to show your support of suicide prevention, remember a lost loved one, and for the survivors of suicide.



ALWAYS AVAILABLE, ALWAYS CONFIDENTIAL

CCA 
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Need to talk? Contact CCA@YourService.

Trained professional counselors are available 24/7/365 to provide free and confidential assistance.

Call **800-833-8707** or log onto www.myccaonline.com with your Company Code.