



Suicide Can Be Prevented

World Suicide Prevention Day on September 10 promotes worldwide action to prevent suicides.

Every year, nearly 1 million people die from suicide worldwide. Depression, alcohol abuse and reckless behavior contribute to suicide. Here are some warning signs of suicidal behavior:

- Being sad or depressed most of the time
- Talking about suicide
- Withdrawing from family and friends
- Feeling hopeless
- Acting recklessly

Always take these signs seriously, and get help immediately.

Your Employee Assistance Program, provided by your employer, can help you deal with emotional concerns, with free and confidential counseling from trained professionals.

To speak with a counselor, contact your program today.

Here when you need us.

Call: 1-833-812-5181

TTY: 800.697.0353

Online: [guidanceresources.com](https://www.guidanceresources.com)

App: GuidanceNowSM

Web ID: HISD