



*Suicide prevention starts
with all of us.*

Take 5 to Save Lives teaches individuals five action steps to help prevent suicide:

1. **LEARN** warning signs, risk factors, and protective factors of suicide.
2. **KNOW** how to find help and support for yourself and others who may be suicidal.
3. **DO** something to get involved in the suicide prevention movement.
4. **TALK**ing about suicide does not put the idea of suicide in someone's head. It can be a lifeline.
5. **SHARE** Take 5 to help spread the word about one of the most important public health issues of our time.

To learn more, follow the link below or scan the QR code.

www.take5tosavelives.org/take-5-steps



As of July 2022, **988** is a new lifeline phone number.

This line offers 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress.

This line is available for individuals who are having...

- Thoughts of suicide
- A mental health or substance use crisis, or
- Any other kind of emotion distress

Please note, the previous **1-800-273-TALK (8255)** number will continue to function indefinitely.

To learn more about 988, follow the link below or scan the QR code

www.samhsa.gov/find-help/988/faqs#about-lifeline



Thumbs Up 5k

Cretex is partnering with Thumbs Up for their 9th Annual 5K/10K/Walk/Run/Bike Event on Saturday, Sept. 17th.

Register for the live or virtual event here:

go.cretex.com/ThumbsUpTeam

FEATURED ACTIVITY

For this month's activity, either participate in the Thumbs Up 5k **OR** download the list of self-care activities to do throughout the month. Select at least 10 items from the list to complete during September.

How to Participate: Scan the Teams Form QR code located to the right of this text box or copy and paste the link into your web browser. Fill out the Teams form to be eligible for the incentive.

SELF CARE LIST



go.cretex.com/bw_sc_list

TEAMS FORM



go.cretex.com/bw0922