

2023 SEPTEMBER Thumbs Up 5k & Suicide Prevention Month



According to the **American Foundation for Suicide Prevention** "while there is no single cause for suicide, there are risk factors and warning signs which may increase likelihood of an attempt. Learning them can save lives." Suicide impacts a larger population of people in the U.S. than most realize.

48,000

In 2021, we lost over 48,000 people in the U.S. to suicide.

12.3 Million

In 2021, there were about 12.3 million U.S. adults who had thought about suicide.

2.6% Higher

Provisional data from 2022 shows that suicide deaths increased by 2.6% between 2021-2022.



The **988 Suicide and Crisis Lifeline** offers 24/7 access to trained crisis counselors who can help people who are having...

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

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

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



Mental Health 101 available in Cretex U

This 45-minute, self-paced course, presented by Marsh & McLennan Agency, provides education on reducing the stigma surrounding mental health in the workplace. The course covers facts about mental health, understanding mental health, and taking steps in the right direction. Scan the code to the right to log into CretexU.



Thumbs Up 5k:

Join Cretex in the Annual Walk/Run/Bike. on September 16th.



FEATURED ACTIVITY

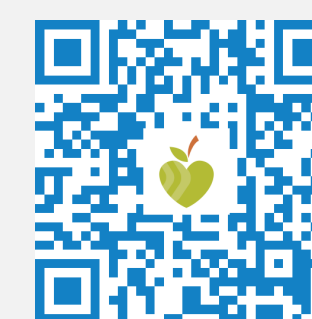
For this month's activity, either participate in the **Thumbs Up 5k/10k** or watch the **two videos** on suicide prevention and awareness. and **fill out the Teams form**.

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.

Activity Videos

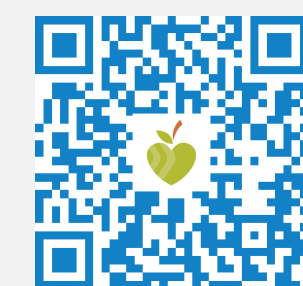


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Response Form



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