

# Let's work together to help prevent suicide

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UNIVERSITY & MEDICINE

## World Suicide Prevention Day is on 9/10/22

**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.

Whether you're experiencing everyday stress or a major life challenge, let *Johns Hopkins Employee Assistance Program* help. The program provides you and your family members free, around-the-clock access to a range of stress management and work-life balance resources.

**PHONE: 888-978-1262**

**WEB: [www.myccaonline.com](http://www.myccaonline.com)**  
(Company Code: JHEAP)

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