

# Breaking the Silence

Supporting suicide prevention

## Caregiver Guide

Choose **Well**

**You are not alone.**

Follow the pathway by clicking on each button.

Breaking the Silence

Get suicide prevention trained

Reaching out to a coworker

Checking in with myself

Nurturing my spirit

Connect with a therapist or coach

### **988 Suicide and Crisis Lifeline:**

If you or someone you know is struggling with mental health or substance use issues, call or text to talk with someone.

**Call or Text 988 available 24/7**

### **Crisis support:**

In-the-moment support from a master-level licensed clinician, available by calling the Lyra care team and requesting in-the-moment support.

**Call 844-311-6223 available 24/7**