

Breaking the Silence

Supporting suicide prevention

Caregiver Guide

ChooseWell

You are not alone.

Scan the QR code to follow the pathway.

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



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