

Breaking the Silence

Supporting suicide prevention
Core Leader Guide

Choose **Well**

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

You are not alone.

Click on each button to help support your team

Suicide postvention

Lyra Supports

Reaching out to a coworker

Recognizing warning signs

Creating a supportive team

Breaking the Silence