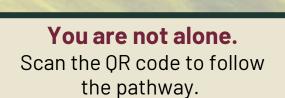
Breaking the Silence

Supporting suicide prevention Core Leader Guide



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-themoment support. Call 844-311-6223 available 24/7



Suicide postvention

Choose Well

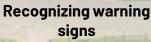


Breaking the Silence



Creating a supportive team







Reaching out to a coworker



MyChooseWell.org