

Monthly engagement toolkit is live | September 2025 Suicide Prevention and Recovery

Hello,

Suicide and addiction affect people everywhere. This month's toolkit offers resources to better understand these challenges and support recovery.

Instructions:

1. Access the toolkit [here](#) using your organization's access code.
2. Review this month's engagement toolkit, which includes:
 - **Featured articles on:**
 - Raising awareness for suicide prevention and emotionally supporting loved ones.
 - Understanding addiction and recovery.
 - **Conversation starter** with ways to help a friend open up.
 - **Interactive exercise** to plan and enjoy sober fun.
 - **Quick-hit article** 5 facts to know about vaping.
 - **Quick-hit article** on how to safely dispose of prescription medication.
 - **Quick insight** "You're not alone" from Uptime.
 - **Podcast** from Until It's fixed: "The Sober-Curious Movement."
 - **Member training course** "Suicide prevention."
 - **Manager training resources**, including the podcast "When hope fades: How leaders can save lives."
 - **Social media post templates** to help promote this month's health and wellness topic among your employees. Feel free to share on your internal communication platforms and via your own LinkedIn accounts as appropriate.
3. Share this information with your organization using the member communication.

As a reminder, we'll launch a new member toolkit each month with updated content and resources. In October, we'll share well-being resources that focus on World Mental Health.

Please keep an eye on next month's toolkit and let me know if you have any questions.

Thank you