

Suicide prevention and recovery

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

In this month's engagement toolkit, you'll find:

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.

Resource guide "Suicide prevention resources and support"

Podcast from Until It's fixed: "The Sober-Curious Movement."

Member training course "Suicide prevention."

Manager training resources, including "When hope fades: How leaders can save lives."

[View toolkit](#)

What to expect each month:



Latest topics: Connect with up-to-date content that focuses on a new topic every month.



More resources: Get access to additional resources and self-help tools.



Content Library: Ongoing access to your favorite content.



Support for everyone: Share toolkits with those you think might find the information meaningful.

Optum