



# Suicide Prevention Day

## Thursday, September 10, 2020

You don't have to face your problems alone.  
At HumanaCare we can help.

If you, or someone you know is having thoughts of suicide, reach out to a trusted friend, family member or call HumanaCare for support.

**Free, confidential support and online wellness tools.**

[Click here](#) to access our employee portal for online support and access to hundreds of self-help articles, assessments and webinars.

Suicide is among the top 20 leading causes of death globally affecting people of all ages.

Responsible for over 800,000 deaths. This equates to one suicide every 40 seconds.

Each suicide causes approximately 135 people to suffer intense grief or have some other reaction.



**HumanaCare**  
PEOPLE ENABLING PEOPLE

**1-800-661-8193**

24 HOURS A DAY ANYWHERE IN NORTH AMERICA