



Suicide Prevention Day

Friday, September 10, 2021

You don't have to face your problems alone.
At HumanaCare we can help.
Suicide can be prevented. Help is here.

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.

For each suicide there is more than 20 suicide attempts.

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



1-800-661-8193

24 HOURS A DAY ANYWHERE IN NORTH AMERICA