

## Monthly engagement toolkit is live | September 2024 Suicide Prevention and Recovery

Hello,

Suicide and substance use disorders are more common than most people think. This month we explore these topics and provide resources and tools to support you and the people close to you.

### Instructions:

1. Access the toolkit [here](#) using your organization's liveandworkwell.com (LAWW) access code.
2. Review this month's engagement toolkit, which includes:
  - **Trending topic** on creating a recovery support network.
  - **Featured articles on:**
    - Why it's important to check in on loved ones who seem OK.
    - Raising awareness for World Suicide Prevention Day.
    - Opioid use and misuse growth, prevention and treatment.
    - 5 things that belong in your mental health emergency kit.
  - **FAQ** on what to do in a mental health emergency.
  - **Guide for caregivers** on providing decision support.
  - **Self-care tips** for people helping care for someone in recovery.
  - **Interactive worksheet** for creating positive affirmations to empower yourself.
  - **Member training course** on suicide prevention.
  - **Manager training resources**, including the podcast "Leaders supporting recovery in the workplace".
  - **Link** for members to easily access their benefits portal.
  - **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 will be launching a new member toolkit each month with updated content and resources. In October, we will share wellbeing resources that focus on parenting and caregiving.

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

Thank you,  
Maryam Miller