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Connect with others: Communicate

September is Suicide Prevention and Awareness Month. It's a good time to learn new skills around communication. Just a little effort can help you lean into the types of emotional conversations that can improve well-being or even help save a life.

This month, listen as Amy Hopkins and Aimee Prange share their lived experience around suicide in the Think Tank Podcast. You can also learn how the acronym **C.A.R.E.** can help you support someone who could be at risk. And how paying attention to your own emotions can lead to better emotional well-being.



Suicide awareness

Suicide is a leading causing of death, but one that is generally preventable. Learn more about suicide prevention and how to get help.

This Suicide Prevention and Awareness Month, we've put together tools and resources that can increase your awareness. You could help save life.

[Learn more](#)



Upcoming webinars

Webinars are presented each month on topics such as communication, stress, self-improvement and more. We also have a library of webinars you can view at any time. Log in to your member website and click on "Sign up for a webinar" under "Today I want to:" or go to Tools > Webinars > Upcoming webinars to register today.

[See upcoming webinars.](#)