

**SUICIDE
AWARENESS &
PREVENTION**

Stories of *Hope* and Recovery

Stories of hope demonstrate that recovery is possible; that change and improvement are achievable, even if a situation feels insurmountable. The 988 Suicide and Crisis Lifeline site — **988lifeline.org/story-categories/recent** — offers stories that highlight the strength and resilience of individuals who have overcome significant challenges. These stories of suicide attempts and loss survivors serve as powerful examples of how people can cope with and move beyond difficult times, reinforcing that resilience is possible.

The 988 Suicide & Crisis Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States. They, along with your EAP, are committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.

988

is the designated three-digit dialing code that will route callers to the National Suicide Prevention Lifeline—now known as the 988 Suicide & Crisis Lifeline. When people call or text 988, they will be connected to trained counselors that will listen, provide support, and connect them to resources if necessary.