**Subject line:** September is Suicide Prevention Awareness Month – Creating Hope Through Action

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| Background pattern  Description automatically generated with low confidence |
| |  | | --- | | **September is Suicide Prevention Awareness Month**  ‘Creating Hope Through Action’ is a reminder that there is an alternative to suicide and aims to inspire confidence and light in all of us; that our actions, no matter how big or small, may provide hope to those who are struggling. Preventing suicide is often possible and you are a key player in its prevention. Through action, you can make a difference to someone in their darkest moments – as a member of society, as a child, as a parent, as a friend, as a colleague, or as a neighbor. We can all play a role in supporting those experiencing a suicidal crisis or those bereaved by suicide.  During Suicide Prevention Awareness month, we would like to remind you that your program provides a variety of emotional health and wellbeing resources and services to help you and your household members improve mental health and wellbeing and prevent suicide.  Your program is available any time, day or night. You can use it as a resource for self-help tools, counseling, financial wellbeing and other life enrichment services that are free of charge and confidential to use.  Visit the member website [links to MagellanAscend.com or Member.MagellanHealthcare.com] today or call 1-800-xxx-xxxx for compassionate and caring support. | |
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