

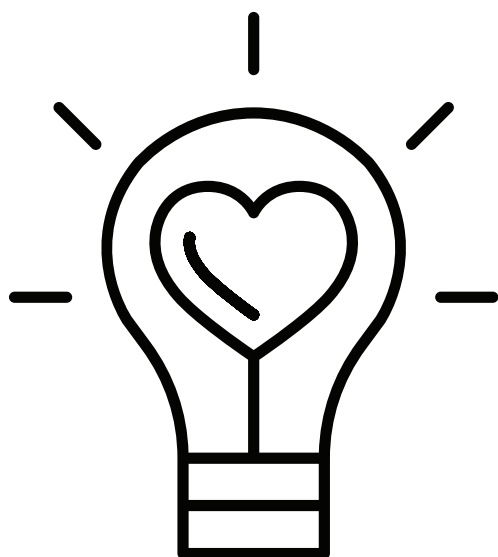
SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH

# Shine a light to prevent suicide

Suicide is a complex and painful issue that affects people of all ages. While the reasons may differ across life stages, the need for connection, support and hope is something we all share. By starting conversations across generations and breaking down stigma, we can build a world where no one feels alone in their pain.

**Follow these instructions to complete the activity.**

Decorate the lightbulb below with a message of hope, a note of encouragement or a tribute to someone lost to suicide. Once complete, cut out your lightbulb and post it in a highly visible area such as a hallway, lobby, desk, refrigerator or common space, to create a powerful visual reminder that every life matters and no one is alone.



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Scan the QR code to visit [Member.MagellanHealthcare.com](https://Member.MagellanHealthcare.com) (enter Principal Core) or call your Employee Assistance Program at 1-800-450-1327 (TTY 711) to get started.

