**Suicide Prevention and Recovery**

Suicide and substance abuse disorders are difficult topics. But even in the toughest times and situations, there is certainly reason to hope. Suicide is preventable. And substance abuse disorders are treatable. Millions of people around the world live healthily in recovery. This month, learn more about mental health and substance abuse disorders and how to nurture hope.

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| **In this month’s engagement toolkit, you’ll find:**  **Recovery support guide**  **Facts about drugs and alcohol abuse disorders**  **Featured article on suicide prevention**  **Interactive self-care worksheet for nurturing hope**  **Member training course ‘Suicide Prevention.’**  **Manager training resources, including the podcast ‘Supporting Suicide Prevention through Workplace Culture.’** |

[View toolkit](https://Optumeap.com/newthismonth/en-GB)

**What to expect each month:**

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|  | **Latest topics** – connect with up-to-date content that focuses on a new topic every month |
|  | **More resources** – get access to additional resources and self-help tools |
|  | **Content Library** – ongoing access to your favourite content |
|  | **Support for everyone** – share toolkits with those you think might find the information helpful |