**Suicide Prevention and Recovery**

Suicide and substance use disorders are more common than most people think. This month, we explore these topics and provide resources and tools to support you and the people close to you.

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| **In this month’s engagement tool kit, you’ll find:**  This month’s **trending topic** on creating a recovery support network.  **Featured articles** on:   * Why it’s important to check in on loved ones who seem OK. * Raising awareness for World Suicide Prevention Day. * Opioid use and misuse increase, prevention and treatment. * 5 things that belong in your mental health emergency kit.   **Self-care tips** for people helping care for someone in recovery.  An **interactive worksheet** for creating positive affirmations to empower yourself.  A **link** for members to easily access their benefits portal.  **Member training course** Suicide prevention.  **Manager training resources**, including Leaders supporting recovery in the workplace. |

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

**What to expect each month:**

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|  | **Latest topics:** Discover 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 may find the information meaningful. |