

Breaking the Silence: Caregiver Guide

Use this guide to learn about steps to take to break the silence and learn effective strategies to talk with your coworkers about mental health and suicide prevention.



Suicide Prevention Training

Reaching out to a coworker



Checking in with myself

Nurturing my spirit



Connect with a therapist or coach

Breaking the Silence stories



988 Suicide and Crisis Lifeline:

If you or someone you know is struggling with mental health or substance use issues, call or text to talk with someone. Call or Text 988 available 24/7

Crisis support:

In-the-moment support from a master-level licensed clinician, available by calling the Lyra care team and requesting in-the-moment support. Call 844-311-6223 available 24/7