

Breaking the Silence: Core Leader Guide

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



Creating a supportive team

Suicide Prevention Training



Reaching out to a coworker

Lyra Supports



Suicide postvention

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