

SUICIDE PREVENTION

If you, a co-worker or a loved one suffer from depression, it can feel like being lost in the wilderness. Take the first step by calling IMPACT at 800-227-6007. A counselor is available at all times to provide you with confidential, in the moment support, problem-solving, assessment and identification of resources that can include complimentary face-to-face counseling.

The most important thing is to reach out for help and not ignore the symptoms!

Contact your IMPACT Employee Assistance & Work/Life Program 1-800-227-6007

Resources may be found on the IMPACT EAP website:

www.myimpactsolutions.com

(Contact Human Resources for account login information)

For more information, visit:

[SSU Counseling & Psychological Services](#)

www.suicidepreventionlifeline.org

www.cdc.gov/violenceprevention/suicide/

www.ohiospf.org