**Suicide Prevention Employee Email**

**INSTRUCTIONS FOR SEINDING SUICIDE PREVENTION EMAIL TO EMPLOYEES**

(Email content also may be used as an intro to the infographic when delivered via intranet)

* Open a new email in MS Outlook and cut and paste the email content and infographic (below) into it. If using another email distribution method, some reformatting may be required.
* For further information on how to send a bulk email to multiple contacts through Outlook, please reference this [how-to guide](https://bit.ly/38AkcQJ):

**If you have questions, please contact your Blue KC representative.**

**EMAIL TO EMPLOYEES**

**Email Subject Line:** Let’s talk about suicide prevention

**Body Copy:**

We can all take action to prevent suicide and impact a life. It starts with talking – to help a person in crisis, to raise awareness, to normalize the conversation.

We encourage you to make suicide prevention and awareness an ongoing conversation with family, friends, and coworkers. Please take a few moments to understand how to talk to someone in crisis.

**If you need help now, call or text 988**

If you or someone you know is experiencing suicidal thoughts or is in crisis, a caring counselor is available 24/7 at the Suicide and Crisis Lifeline. **Call or text 988.**

A poster with text and images

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