



See Something. Say Something. Suicide Awareness and Prevention for Caregivers.

Speaker: Amy Freadling, PhD, LPCC-S, CEAP, BCC

Virtual | ccemployeewellness.com/wellness-insider

Wednesday, September 2 | noon - 1 p.m., EST

Objectives:

1. Describe the scope and impact of suicide.
2. Recognize common warning signs and risk factors.
3. Discover how to initiate supportive conversations with coworkers.
4. Identify resources for suicide prevention and well-being.

All caregivers are welcome to attend this presentation.