



To: Workplace Leaders Who Care about Suicide Prevention

From: Workplace Suicide Prevention and Postvention Committee  
*United Suicide Survivors International, in partnership with Vibrant Emotional Health*

September 3, 2025

**988**

**SUICIDE & CRISIS  
LIFELINE**

As we embark on Suicide Prevention Month, we're proud to announce a powerful partnership between Vibrant Emotional Health, the administrators of the 988 Suicide & Crisis Lifeline, and the Workplace Suicide Prevention and Postvention Committee of United Suicide Survivors International.

Together, we're bringing suicide prevention and crisis response where it's needed most—into the heart of our workplaces. This collaboration blends Vibrant's expertise in lifesaving crisis support with our committee's mission to equip employers, unions, and professional associations to prevent suicide, respond with compassion, and foster cultures of safety and connection. By working side-by-side, we're making it easier than ever for workplaces to become gateways to hope and help.

### Why Workplace Suicide Prevention

Every day, millions of working-age adults walk through your doors, log into your systems, and contribute their skills to your mission. They also bring with them the stress, pressures, and personal challenges of life. The sobering truth: The majority of people who die by suicide are of working age -- and most spend the majority of their waking hours at work.

Research shows that 10–13% of all suicides are work-related. This means workplaces are not just bystanders in the suicide prevention conversation; they are contributors, conveners, and conduits for change.

### Use This Toolkit to Take Action During Suicide Prevention Month (September)

This September -- **Suicide Prevention Month** -- we have a powerful opportunity to Change the Narrative. Together, we can break down barriers, raise awareness, and create workplace cultures where everyone feels seen, supported, and connected.

### **Key September Dates to Engage Your Team**

- **September 8 – 988 Day**  
Promote the 988 Suicide & Crisis Lifeline: call or text 988, or use webchat at [988lifeline.org](https://988lifeline.org). Share this number widely in your workplace communications. Post on social media about 988 Day initiatives using #988Day. Find resources at [988lifeline.org/988-Day](https://988lifeline.org/988-Day).
- **September 8–12 – Construction Suicide Prevention Week**  
Highlight mental health and suicide prevention in the construction sector—an industry with elevated risk.
- **September 10 – World Suicide Prevention Day**  
Join the *Cycle Around the Globe* challenge or host your own awareness activity.

### **How Your Workplace Can Take Action**

1. **Educate and Empower** – Share 988 Lifeline information, host toolbox talks, or provide mental health awareness training.
2. **Assess and Address Risks** – Identify and reduce psychosocial hazards that may contribute to distress.
3. **Foster Connection** – Build peer support networks and normalize asking for help.
4. **Engage Leadership** – Have leaders speak openly about mental health to model vulnerability and commitment.

We've compiled a Workplace Suicide Prevention Toolkit with ready-to-use materials, activity ideas, and resources tailored for employers, unions, and professional associations. Access it here: [workplacesuicideprevention.com/national-suicide-prevention-month-workplace-toolkit](https://workplacesuicideprevention.com/national-suicide-prevention-month-workplace-toolkit)

The time to act is now. Let's work together to ensure that every workplace becomes a place of safety, connection, and hope.

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### **About United Suicide Survivors International (501c3)**



United Suicide Survivors International (founded 2016) is an independent international membership organization that serves as a home for people who have experienced suicide loss, suicide attempts, and suicidal thoughts and feelings, and their friends and families -- collectively known as people with lived experience with suicide -- to leverage their expertise for large-scale change. We envision a world where lived expertise becomes the fulcrum that leverages all suicide prevention efforts. We put the lived expertise of suicide attempt and loss survivors into action through

leadership, collaboration, and advocacy. [www.UniteSurvivors.org](http://www.UniteSurvivors.org)

### **About the National Guidelines for Workplace Suicide Prevention**

The National Guidelines for Workplace Suicide Prevention is a collaborative initiative designed to help employers, labor unions, and professional associations create safer, healthier, and more compassionate workplaces. Grounded in evidence-based strategies and informed by people with lived experience, the Guidelines provide a roadmap for organizations to prevent suicide, respond effectively to crises, and support recovery. This effort is led by the Workplace Suicide Prevention and Postvention Committee, a program of United Suicide Survivors International, which meets monthly to advance resources, training, and advocacy for workplace mental health and suicide prevention. The Committee brings together diverse voices from business, labor, public health, and lived experience communities to address the urgent need for action, recognizing that the majority of people who die by suicide are of working age.

To learn more or to get involved, visit <https://workplacesuicideprevention.com> or contact **Sally Spencer-Thomas** at [sallyspencerthomas@gmail.com](mailto:sallyspencerthomas@gmail.com).

### **About Vibrant Emotional Health**



Vibrant Emotional Health is a non-profit organization that helps individuals and families achieve emotional well-being. For over 55 years, our groundbreaking solutions

have delivered high-quality services and support when, where, and how people need it. We offer confidential emotional support through our state-of-the-art contact center and crisis hotline services that use leading-edge telephone, text, and web-based technologies, including the [988 Suicide & Crisis Lifeline](#), [Disaster Distress Helpline](#), and [NFL Life Line](#). Through our community wellness programs, individuals and families obtain the support and skills they need to thrive. Our advocacy and education initiatives promote mental well-being as a social responsibility. We help millions of people live healthier and more vibrant lives yearly. We're advancing access, dignity, and respect for all and revolutionizing the system for good. Visit [vibrant.org](https://vibrant.org). Follow Vibrant on X, LinkedIn, Facebook, and Instagram.