

ATTENTION ALL MEN

DO YOU HAVE A LOT ON YOUR MIND? WORRIED ABOUT YOUR FINANCES, RELATIONSHIP, OR CAREER RETENTION?
CG SUPRT IS HERE TO HELP YOU.

Suicide is the second leading cause of death in men ages 25-34



Men are twice as likely as women to suffer anger and rage issues

2x

4 out of every 5 Americans who die by suicide are men



While suicide impacts all Americans, its effect on men is greater. Men are less likely to talk about their problems. Men often think or believe someone else will think they are weak if they ask for help. There may be a concern that asking for help will impact one's job. So if life challenges like relationship conflicts, financial problems, and lack of sleep are leading to feelings of hopelessness or isolation, talk to someone. Reach out. You don't have to fix it alone. A trusted friend, chaplain, or counselor can often provide a different perspective or help you consider all the options. Asking for help is a sign of strength.

The CG SUPRT Program is free and confidential within the limits of the law. It is also easy to access.

Help is available 24 hours a day, 365 days a year—at **855-CG SUPRT (855-247-8778)** or online at www.cgsuprt.com