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EAP Newsletter | September 2026



In-The-Moment Support (ITM) | 800-777-4114

FCH EAP provides access to licensed clinicians who are available to listen and talk for brief in-the-moment support.

We are committed to providing comprehensive support to organizations and their employees. Free, immediate, and confidential.

Connect by phone 24/7 | Call 800-777-4114

If you or someone you know needs the Suicide and Crisis Lifeline, call or text 988 or use the chat function online at 988lifeline.org.

Suicide Prevention Resources

Note that the following list highlights available resources and is not comprehensive

988 Suicide & Crisis Lifeline:

Call 988 | Text 988

Chat online 988lifeline.org

Childhelp Child Abuse Hotline:

Call or Text 1-800-422-4453

Chat online childhelp.org

Veteran's Crisis Line:

Call 988, then select 1

Text 838255

Chat online veteranscrisisline.net

Domestic Violence Hotline:

Call 1-800-799-7233

Text START to 88788

Chat online thehotline.org

Crisis Text Line:

Text HELLO to 741-741

Chat online crisistextline.org

National Sexual Assault Hotline

RAINN:

Call 1-800-656-4673

Text HOPE to 64673

Chat online rainn.org

The Trevor Project

LGBTQ+ (Under 25):

Call 1-866-488-7386

Text START to 678-678

Chat online thetrevorproject.org

Disaster Distress Helpline:

Call or Text 1-800-985-5990

samhsa.gov

Explore Suicide Prevention Webpages

Note that the following list highlights available resources and is not comprehensive

Suicide and Crisis Lifeline:

988lifeline.org

Mental Health America:

[MHA page](https://mha.org)

National Alliance on

Mental Illness:

[NAMI page](https://nami.org)

Substance Abuse and Mental

Health Services Administration:

[SAMHSA page](https://samhsa.gov)

Department of Veterans Affairs:

[VA page](https://va.gov)

CDC Suicide Prevention:

[Resources page](https://cdc.gov)

FCH EAP Downloadable Materials

Info Sheet
[Suicide Prevention](#)

High-Risk Groups
[Veterans](#)
[Older Men](#)
[Minorities](#)
[LGBTQ+](#)

Manager Guide
[Suicide Prevention for Managers](#)

Mental Health Handouts
[General Coping Tips](#)
[Self-Care Strategies](#)
[Helping Others](#)
[Free Mental Health Assessments](#)



HELPFUL INSIGHTS
This Month's Reading



Employee Article
*Suicide Prevention Awareness
Month*

Access the article:
[English version](#) | [Spanish version](#)



Supervisor Article
*Steps Your Workplace Can Take to
Prevent Suicide*

Access the article:
[English version](#) | [Spanish version](#)



WEBINAR HUB

Learn From Experts



Featured Webinar

Returning to Work After an
Absence

[Webinar Access Link](#)



Work & Life Webinars

Select link to register

September 10th:
[Mastering Mortgage Approval](#)

To access webinars, enter your company's username in the box under "Website Login." If you don't know your username, contact your HR staff.

UPDATES FROM

First Choice Health

FCH is Going Green

To increase our sustainability, we are moving from print to digital resources. Our focus remains on providing the highest levels of service and support during this transition.



[More About FCH Paperless Here](#)

Reach out to your EAP Clinical
Account Executive with questions.



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Employee Assistance Program

Free, confidential, with 24/7 access
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