

healthy choices



live well. be well.

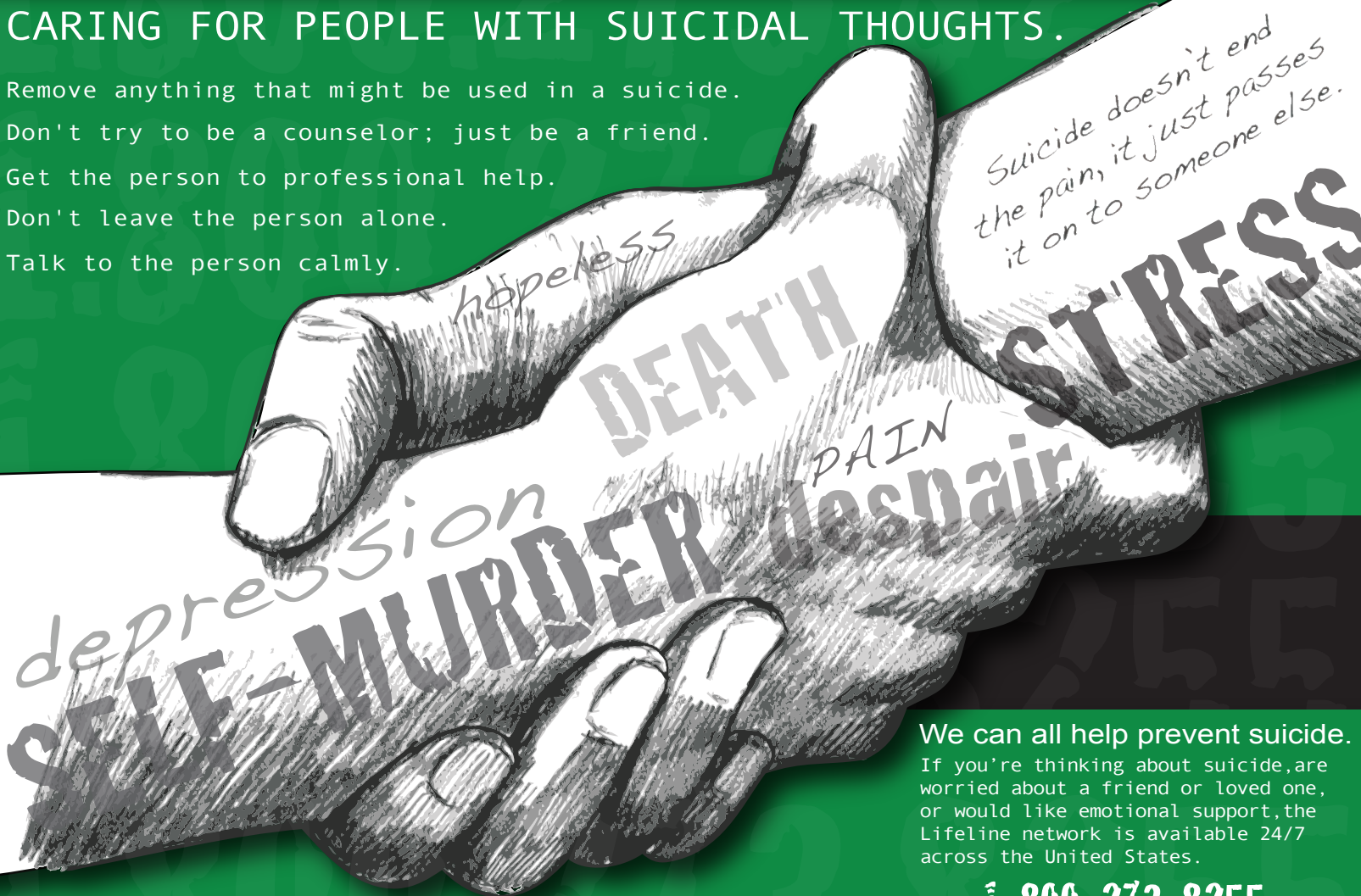
SUICIDE

PREVENTION

The workplace can be a powerful and influential environment for the prevention of suicide.

CARING FOR PEOPLE WITH SUICIDAL THOUGHTS.

- Remove anything that might be used in a suicide.
- Don't try to be a counselor; just be a friend.
- Get the person to professional help.
- Don't leave the person alone.
- Talk to the person calmly.



Suicide doesn't end the pain, it just passes it on to someone else.

We can all help prevent suicide.

If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, the Lifeline network is available 24/7 across the United States.

1-800-273-8255



YOUR WORK PLACE WELLNESS AND MAP PARTNER

“Helping people conquer life’s challenges”



Member Assistance Program
Here to assist you !

When it comes to physical health, organizations across the country have embraced Workplace Wellness services and do so for a variety of reasons:

Financially driven – Avoid costly healthcare claims and keep premiums costs in check.

Improve Productivity / Presenteeism

Reduce Absenteeism

Enhance Benefits Package – Retain and attract top talent

Company Culture / Social Responsibility – “We care about you.”

All of the Above

No matter the reason(s), implementing a proven, high-quality Workplace Wellness program can make a tremendous impact on the lives of your associates and the organization’s bottom line.

H&H Health Associates MAP offers assistance to all clients & the members of their household in the areas of:

- Emotional or Stress Issues
- Marital or Family Concern
- Legal or Financial Help
- Alcohol & Drug Problems
- Child & Elder Care Assistance
- Management Consultations
- Health Coaching
- Much more...

We provide confidential, compassionate, and comprehensive assistance services

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