

2024

SEPTEMBER

Thumbs Up 5k & Suicide Prevention Month



Thumbs Up 5k - Saturday, September 21st

Join us at the annual walk for suicide awareness presented by Thumbs Up. Cretex is a sponsor for this event and will cover the cost of registration for the first 50 employees to register.



To register, visit our page at: go.cretex.com/ThumbsUpTeam; select the **CreteX Medical Team** and use code **CRETEX50**.

NO JUDGMENT. JUST HELP.

TEXT, CALL, CHAT
988

24/7, free & confidential support to people in suicidal crisis or mental health-related distress.

Call or text **988** to get support in crisis situations from crisis counselors.



Online Chat - go.cretex.com/988_chat

To view a list of 988 Frequently Asked Questions (FAQ's) follow the below link: go.cretex.com/988_faq



To view additional crisis lines for specific populations, please view the list put together by the American Psychological Association go.cretex.com/crisis-hotlines

Resources

What to Do When Someone is At Risk: go.cretex.com/at_risk



988 Stories of Hope and Recovery: go.cretex.com/988_stories

Check on Those Around You: go.cretex.com/UK_video



Health Partners Blog article on Suicide Prevention: go.cretex.com/HP_Blog_suicide

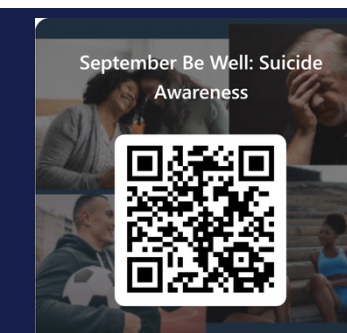
Upcoming Flu Shot Clinics

Our 2024 Flu Shot Clinic schedule is posted on the CreteX Intranet site!

<https://cretexcompanies.sharepoint.com/sites/People/SitePages/Be-Well-Flu-Shot-Clinics--2024.aspx>

Featured Activity

Click on the link or scan the QR code to complete this month's activity.



<https://forms.office.com/r/HNWRtbpJLF>