



## Make the Connection with Your Family

Life can be hectic. It's filled with so many activities and distractions that we sometimes feel disconnected, even from those whom we are closest. Connectedness is an important protective factor for suicide. Strong, positive relationships with our family can be protective and prevent against suicidal thoughts and behaviors. It's important we take care of ourselves by finding ways to stay connected.

Now is the time to stop and take a moment to reconnect with those you love. From game nights to weekly dinners, connecting with family and strengthening positive relationships promotes your health and well being.

If you want to learn more about building connections, reach out to your EAP. We have counselors available to assist you 24 hours a day 7 days a week. Give us a call at 800-327-4968 (800-EAP-4YOU), TTY:1-877-493-7341 or visit [EAP4YOU.com](http://EAP4YOU.com) to learn more.