


Self-Compassion

Available in English, Simplified Chinese, Traditional Chinese, Thai, Vietnamese, Japanese, Korean, Bahasa Indo, Spanish, Portuguese (Brazilian), Bahasa Melayu

In recognition of World Suicide Prevention day, this campaign is spotlighting the importance of checking in with ourselves and others – as well as reminding everyone that reaching out for support is a form of self-compassion, not a weakness.


How to use: Copy the text below and attach the image as shown. Edit the text in red and delete the yellow highlighted text. Send over chat (e.g. Teams, Slack, Whatsapp, Telegram etc.) to your whole organisation. You may also include this in your company-wide newsletter.

Suggested send date: 1 September 2025


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<p>🔔 September brings an important reminder with World Suicide Prevention Day. This month, let's remember that reaching out for help is not a sign of weakness, and that we can take time to check in on those around us.</p> <p>It's easy to ignore signs when we're struggling and think that it'll pass. But bottling things up can take a toll over time. Our wellbeing benefit, Intellect, encourages you to pay attention to your mental wellbeing, seek support when needed, and be a listening ear to others who might need it too.</p> <p>If you haven't already, get started with Intellect on desktop/ mobile to start booking a coaching/ care/ holistic session.</p> <p>🖥️ On Web</p> <ol style="list-style-type: none"> 1. Visit app.intellect.co (please hyperlink here) 2. Enter access code CODE*/ Click "Continue with SSO"*** 3. Create your account using your work email address <p>📱 On App</p> <ol style="list-style-type: none"> 1. Select 'I'm new here', then 'With your organisation' 2. Use the code CODE*/ Click "Continue with SSO"*** 3. Sign up using your work email address <p>*please use your organisation's unique access code **for organisations with SSO only</p>	<p>Select either the PNG, PDF, or GIF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version GIF version</p> 

Simplified Chinese




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<p>🔔 九月带来一个重要的提醒——“世界预防自杀日”。本月，请记住，寻求帮助不是软弱的表现，我们可以抽出时间关心身边的人，陪他们聊一聊。</p> <p>人们很容易忽略自己内心的挣扎，以为“熬一熬就过去了”。但长期压抑情绪可能会产生严重的负面影响。Intellect 鼓励大家关注自己的心理健康，根据自身需求积极寻求帮助，以及在其他人需要支持时做一个合格的倾听者。</p> <p>如果还没用过Intellect，现在就用 电脑或手机 开始体验，预约 辅导、关怀或整体健康 服务吧。</p> <p>🖥️ 电脑端</p> <ol style="list-style-type: none"> 1. 访问 app.intellect.co (please hyperlink here) 并点击“注册” 2. 输入访问码 CODE*/ “使用 SSO 登录”** 3. 使用您的工作邮箱创建账户 	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>

<p> 手机端</p> <ol style="list-style-type: none"> 1. 选择“I’m new here”，然后选择“With your organisation” 2. 输入访问码 CODE* / 点击 “Continue with SSO”** 3. 使用您的工作邮箱注册 <p>*请使用您公司/机构的专属访问码 **仅适用于已启用 SSO 单点登录的公司/机构</p>	
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Traditional Chinese

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<p> 九月帶來一個重要提醒——世界自殺防治日。本月，讓我們記住，尋求協助不是軟弱的表現，也別忘了花點時間關心身邊的人。</p> <p>當我們面臨困難時，很容易忽略那些警訊，並以為一切終將過去。但長期壓抑情緒可能會帶來傷害。Intellect 心理健康福利鼓勵您關注自己的心理健康，適時尋求支持，也成為他人傾訴的對象。</p> <p>如果您們還沒有準備好，現在就透過 電腦／手機 使用 Intellect，預約 輔導／關懷／全面 課程吧！</p> <p> 網頁版</p> <ol style="list-style-type: none"> 1. 瀏覽 app.intellect.co (please hyperlink here) 然後按一下「註冊」 2. 輸入登入代碼 CODE* / 點擊「使用 SSO 登入」** 3. 使用你的工作電子郵件創建帳戶 <p> App版</p> <ol style="list-style-type: none"> 1. 選擇「I’m new here」，然後選擇「With your organisation」 2. 輸入登入代碼 CODE* / 點擊「Continue with SSO」** 3. 使用你的工作電子郵件創建帳戶 <p>*請使用你所在企業的唯一登入代碼 **只限支持單一登入的企業</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>

Thai

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<p> กันยายนนี้ย้ำเตือนเราอีกครั้งสำหรับวันป้องกันการฆ่าตัวตายโลก มาร่วมกันรณรงค์ว่า การขอความช่วยเหลือไม่ใช่ความอ่อนแอ และเราเองก็สามารถส่งกำลังใจหรือถามไถ่คนรอบข้างได้เสมอ</p> <p>กันยายนนี้ย้ำเตือนเราอีกครั้งสำหรับวันป้องกันการฆ่าตัวตายโลก มาร่วมกันรณรงค์ว่า การขอความช่วยเหลือไม่ใช่ความอ่อนแอ และเราเองก็สามารถส่งกำลังใจหรือถามไถ่คนรอบข้างได้เสมอ</p> <p>หากคุณยังไม่ได้เริ่มใช้งาน Intellect ใน เดสก์ท็อป/ โน้ตบุ๊ก เพื่อเริ่มต้นการจองเซสชัน การฝึกสอน/ การดูแล/ องค์กรรวม</p> <p> ผ่านเว็บไซต์</p> <ol style="list-style-type: none"> 1. เข้าไปที่ app.intellect.co (please hyperlink here) และคลิก “สมัครใช้งาน” 2. ป้อนรหัสสิทธิ์เข้าถึง CODE*/ คลิกที่ “ดำเนินการต่อด้วย SSO”** 3. ใช้ที่อยู่อีเมลที่ทำงานของคุณเพื่อสร้างบัญชี <p> ผ่านแอป</p> <ol style="list-style-type: none"> 1. เลือก “I’m new here” ตามด้วย “With your organisation” 2. ใช้รหัส CODE*/ คลิกที่ “Continue with SSO”** 3. ใช้ที่อยู่อีเมลที่ทำงานของคุณเพื่อสมัครใช้งาน 	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>

*โปรดใช้รหัสสิทธิ์เข้าถึงขององค์กรของคุณโดยเฉพาะ
**สำหรับองค์กรที่ใช้ระบบ SSO เท่านั้น

Vietnamese

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<p>🔔 Tháng 9 này nhắc nhở chúng ta về Ngày Thế giới Phòng chống Tự tử. Hãy ghi nhớ rằng tìm kiếm sự giúp đỡ không phải là dấu hiệu của sự yếu đuối mà là điều rất cần thiết. Đừng quên dành thời gian quan tâm đến những người xung quanh.</p> <p>Nhiều khi, ta dễ bỏ qua những dấu hiệu khi bản thân đang phải vật lộn và nghĩ rằng “mọi chuyện rồi sẽ qua”. Tuy nhiên, việc kìm nén mọi thứ trong thời gian dài có thể khiến mình thêm áp lực. Intellect – nơi trao bạn quyền lợi sức khỏe tinh thần - luôn khuyến khích bạn chú ý đến sức khỏe tinh thần của bản thân, tìm sự hỗ trợ khi cần và sẵn sàng ở bên cạnh những người cần được lắng nghe.</p> <p>Nếu bạn chưa bắt đầu, hãy truy cập Intellect trên máy tính/ điện thoại để đặt lịch hẹn với chuyên gia khai vấn/ tham vấn hoặc chăm sóc sức khỏe toàn diện ngay hôm nay!</p> <p>🖥️ Trên máy tính</p> <ol style="list-style-type: none">1. Truy cập app.intellect.co (please hyperlink here) và nhấp vào “Đăng ký”2. Nhập mã truy cập CODE* / Nhấn “Tiếp tục với Đăng nhập một lần (SSO)”**3. Tạo tài khoản bằng email công việc của bạn <p>📱 Trên ứng dụng</p> <ol style="list-style-type: none">1. Chọn “I’m new here”, sau đó chọn “With your organisation”2. Nhập mã truy cập CODE* / Nhấn “Continue with SSO”**3. Đăng ký bằng email công việc của bạn <p>*mã truy cập duy nhất sẽ do tổ chức của bạn cung cấp **áp dụng cho tổ chức dùng SSO</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>

Japanese

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<p>🔔 9月は、世界自殺予防デーを通じて大切な気づきを与えてくれる月です。今月は、「助けを求めることは弱さではない」ということを、あらためて心に留めておき、身近な人に声をかける時間を持ちましょう。</p> <p>私たちは、自分の心の不調に目をつぶり、「きっとそのうちよくなる」と思ってしまいがちです。ですが、抱え込むことで、知らず知らずのうちに心に負担が蓄積されていくこともあります。意識して心の健康に目を向け、自分に合ったサポートを受けること、そして周りの人の声に耳を傾けましょう。</p> <p>アプリを開き、自己肯定感をあげるためのジャーナルや、セルフ・コンパッションを学ぶためのセッションなどのコンテンツをぜひお試しください。</p> <p>まだIntellectを始めていない方は、デスクトップまたはスマホから コーチング / ケア / ホリスティック セッションをご予約ください。</p> <p>🖥️ ウェブ版</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>

<ol style="list-style-type: none"> 1. app.intellect.coにアクセス (please hyperlink here) そして「続ける」をクリック 2. アクセスコードCODEを入力*/「SSOで続ける」**をクリック 3. 勤務先のメールアドレスを使用してアカウントを作成 <p>アプリ版</p> <ol style="list-style-type: none"> 1. 「アカウントを作成」を選択し、「組織コード」を選択 2. アクセスコードCODEを入力*/「SSOで続ける」**をクリック 3. 勤務先のメールアドレスを使用してサインアップ <p>*組織固有のアクセスコードを使用してください。 **SSOを持つ組織のみ</p>	
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Korean

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<p>☁️ 세계 자살 예방의 날이 있는 9월은 우리 모두에게 꼭 필요한 메시지를 전합니다. 이번 달에는 도움을 청하는 것이 약하다는 표시가 아니라는 점을 기억하고, 주변 사람들의 안부를 살피는 시간을 가져보면 어떨까요?</p> <p>힘든 시기에는 어려움을 대수롭지 않게 여기거나 시간이 지나면 괜찮아질 거라고 넘겨버리기 쉽지만, 혼자 꼭 참다 보면 결국 몸과 마음이 더 힘들어질 수 있어요. 웰빙을 지원하는 Intellect는 여러분이 자신의 정신 건강을 살피고, 필요할 때 도움을 요청하며, 주변에 도움이 필요한 이들의 이야기에 따뜻하게 귀 기울일 수 있기를 응원합니다.</p> <p>아직 하지 않으셨으면 컴퓨터/ 모바일 기기에서 Intellect로 시작하여 코칭/ 케어/ 종합 세션 예약을 시작해 보세요.</p> <p>웹 버전</p> <ol style="list-style-type: none"> 1. app.intellect.co에 방문합니다 (please hyperlink here) 를 클릭하고 “로그인”을 클릭합니다 2. 활성화 코드 CODE를 입력합니다*/ “SSO로 계속”을 클릭합니다** 3. 자신의 직장 이메일 주소를 사용하여 계정을 만듭니다 <p>앱 버전</p> <ol style="list-style-type: none"> 1. “I’m new here”를 선택한 다음, “With your organisation”을 선택합니다 2. 활성화 코드 CODE를 사용합니다*/ “Continue with SSO”을 클릭합니다** 3. 자신의 직장 이메일 주소를 사용하여 가입합니다 <p>*조직의 고유 활성화 코드를 사용하십시오 **SSO를 사용하는 조직만 해당합니다</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>

Bahasa Indo

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<p>☁️ Bulan September ini mengingatkan kita akan pentingnya Hari Pencegahan Bunuh Diri Sedunia. Bulan ini, mari kita ingat bahwa meminta bantuan bukanlah tanda kelemahan, dan kita selalu bisa meluangkan waktu untuk peduli pada orang-orang di sekitar kita.</p> <p>Sering kali kita mengabaikan tanda-tanda saat sedang kesulitan, dengan berpikir bahwa semuanya akan berlalu. Namun, memendam perasaan bisa berdampak negatif dalam jangka panjang. Manfaat kesejahteraan kami, Intellect, mendorong Anda untuk lebih memperhatikan kesehatan</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>

mental, mencari dukungan saat dibutuhkan, dan menjadi pendengar yang baik bagi orang lain yang mungkin juga sedang berjuang.

Jika belum, mulailah dengan Intellect di perangkat **desktop/ seluler** untuk memesan sesi **pelatihan/ perawatan/ holistik**.

Di Web

1. Kunjungi app.intellect.co (please hyperlink here) dan klik "Lanjutkan"
2. Masukkan kode akses KODE*/ Klik "Lanjutkan dengan SSO"***
3. Buat akun menggunakan alamat email kantor Anda

Di Aplikasi

1. Pilih "I'm new here", lalu "With your organisation"
2. Masukkan kode akses KODE*/ Klik "Continue with SSO"***
3. Daftar menggunakan alamat email kantor Anda

*harap gunakan kode akses unik organisasi Anda

**hanya bagi organisasi yang memiliki SSO

Spanish

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<p>🔊 Septiembre nos recuerda una fecha muy importante: el Día Mundial para la Prevención del Suicidio. Este mes, recordemos que pedir ayuda no es una señal de debilidad y que siempre podemos tomarnos un momento para chequear cómo están quienes nos rodean.</p> <p>Muchas veces ignoramos las señales de que algo no está bien, pensando que "ya pasará". Pero guardarse todo puede hacer daño con el tiempo. Intellect, nuestro beneficio de bienestar mental, te anima a cuidar de tu salud mental, buscar apoyo cuando lo necesites y también ser un oído atento para quienes puedan necesitarlo.</p> <p>Si aún no lo has hecho, comienza con Intellect en tu computadora o celular y agenda tu sesión de coaching/ bienestar/ cuidado holístico.</p> <h4>En la web</h4> <ol style="list-style-type: none">1. Visita app.intellect.co. (please hyperlink here) y haga clic en "Inscribirse"2. Ingresa el código de acceso CODE* o selecciona "Continuar con SSO"***.3. Crea tu cuenta con tu correo electrónico laboral. <h4>En la app</h4> <ol style="list-style-type: none">1. Selecciona "I'm new here" y luego "With your organisation".2. Ingresa el código CODE* o selecciona "Continue with SSO"***.3. Regístrate con tu correo electrónico laboral. <p>*Usa el código único de acceso de tu empresa. **Solo para empresas con SSO.</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>

Portuguese (Brazilian)

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<p>🔊 Setembro traz um lembrete importante com o Dia Mundial de Prevenção ao Suicídio. Nesse mês, vale lembrar que pedir ajuda não é</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p>

sinal de fraqueza e que sempre podemos verificar como estão as pessoas ao nosso redor.

É fácil ignorar sinais quando estamos sofrendo e achando que vai passar, mas acumular pode complicar as coisas com o tempo. Nosso excelente recurso de bem-estar, Intellect, incentive você a prestar atenção em seu bem-estar mental, buscar ajuda quando necessário e oferecer escuta a quem possa precisar.

Se você ainda não o fez, comece a usar o Intellect no **desktop/ celular** e agende uma sessão de **treinamento/ cuidados/ holística**.

Na Internet

1. Acesse app.intellect.co (please hyperlink here) e clique em "Cadastrar-se"
2. Insira o código de acesso CÓDIGO*/ Clique em "Continuar com o SSO"**)
3. Crie sua conta usando seu endereço de e-mail de trabalho

No aplicativo

1. Selecione "I'm new here" e em seguida "With your organisation"
2. Utilize o código CÓDIGO*/ Clique em "Continue with SSO"**)
3. Registre-se usando seu endereço de e-mail de trabalho

*use o código de acesso exclusivo da sua organização
 **)somente para organizações com SSO

[PNG version](#)
[PDF version](#)

Bahasa Melayu

Copy

Bulan September ini membawa peringatan penting dengan Hari Pencegahan Bunuh Diri Sedunia. Bulan ini, ingatlah bahawa meminta bantuan bukan tanda kelemahan, dan kita boleh ambil masa untuk bertanya khabar orang di sekeliling kita.

Selalunya, kita abaikan tanda-tanda bila diri sedang tertekan, dan fikir ia akan berlalu. Tapi, memendam perasaan hanya akan membebankan diri dalam jangka masa panjang. Manfaat kesejahteraan mental Intellect menggalakkan anda untuk beri perhatian kepada kesihatan mental sendiri, dapatkan sokongan bila perlu, dan jadi pendengar yang baik untuk orang lain.

Jika anda belum bermula, dapatkan Intellect pada **komputer/ alat mudah alih** anda untuk menempah sesi **bimbingan/ penjagaan/ menyeluruh**.

Di Web

1. Lawati app.intellect.co (please hyperlink here)
2. Masukkan kod akses CODE*/ Klik "Continue with SSO"
3. Cipta akaun menggunakan alamat e-mel kerja anda

Di Aplikasi

1. Pilih 'Saya pengguna baru', kemudian 'Dengan organisasi anda'
2. Masukkan kod CODE*/ Klik "Continue with SSO"
3. Daftar menggunakan alamat e-mel kerja anda

*sila gunakan kod akses unik organisasi anda
 **)hanya untuk organisasi dengan SSO

Images to attach

Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.

[PNG version](#)
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