

# CONNECT TO HOPE TOOLKIT

## FOR SUICIDE PREVENTION

In the US, suicide is the 10th leading cause of death, and worldwide one person every 40 seconds takes their life. We know that a sense of connection, large or small, is one of our fundamental human needs and it affects our mental health, physical health, and longevity. We all have the ability to prevent suicide through outreach and connection to our family, friends, and community. Each September, organizations around the globe come together to spread awareness that help is available to those emotionally suffering. We are all in this together and through collaboration, those suffering from mental health challenges can #changedirection and find hope.

### CONNECT TO HOPE

If you recognize that you, or someone in your life is suffering, now what? Check out this **one pager** on how to reach out, connect, and get help.

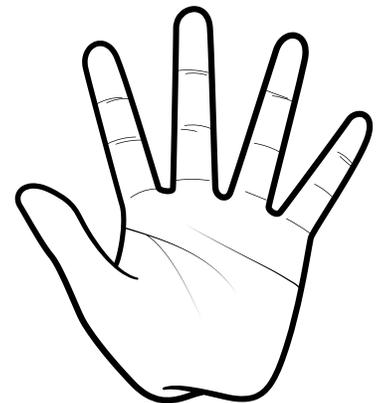
For active-duty military, veterans, loved ones of service members or survivors of man-made and natural disasters with no access to other care, Give an Hour's network of licensed mental health professionals can help. Visit [www.giveanhour.org](http://www.giveanhour.org) to find care.



### SPREAD HOPE

**Learn:** The [Five Signs Of Emotional Suffering](#) and [Healthy Habits Of Emotional Well-Being](#) give us a common language to identify when someone is suffering and how we can stay emotionally healthy.

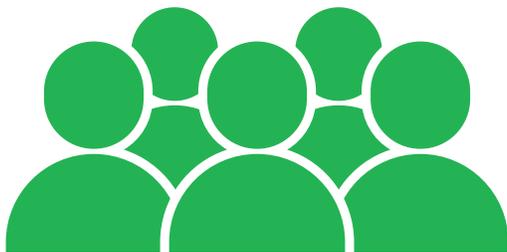
**Share:** Create a post or image telling others what **makes you feel hopeful or about a time when you felt hopeful**. Share it with us [here](#).



## GIVE HOPE

Your generous contribution helps us provide free mental health care to those in need and continue our efforts to change the culture of mental health. By increasing access to care and by removing cultural barriers, we ensure that someday all in need will receive the support they deserve.

[Donate here.](#)

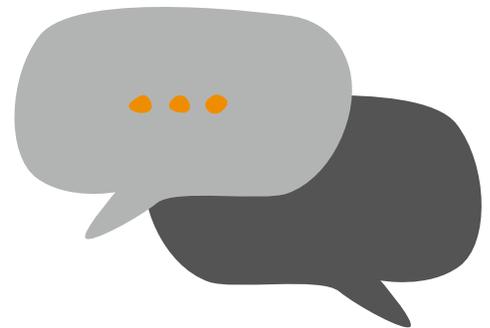


## VOLUNTEER TO HELP

Interested in making an impact in your community? Licensed mental health providers can **[join our network](#)** to participate in various programs providing mental health services, support, and education to populations in need.

## SHARE YOUR STORY

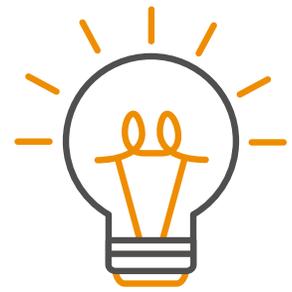
Sharing a story about your personal experiences with mental health challenges can help in your own recovery as well as provide encouragement and support to others. Your personal journey provides a sense of community; a message that we are not alone and our situations are far from hopeless.



Share Using **#GAHConnect2Hope**

## NEED MORE IDEAS?

Check out our list of ways to reach out, connect and engage while showing your support for suicide prevention.



- [Participate in the 180 Playbook: Collect Things that Inspire Hope](#)
- [Download our Emotional Wellbeing Resources](#)
- [Share how you connect to hope](#)
- [Online memorial/honorarium](#)
- [Share our videos on social media or on your website](#)
- [Set up a Facebook fundraiser benefiting Give an Hour](#)
- [Shop Amazon Smile](#)
- [Donate to one of our Global Giving projects](#)
- [Make a pledge to share the Five Signs of Emotional Suffering](#)
- [Share our emotional well-being resources](#)
- [Read our blog posts about suicide prevention resources and research](#)

## SUICIDE PREVENTION PARTNERS

Check out some of our [important partners](#) who are participating in #GAHconnect2hope. We invite you to participate. Email [info@giveanhour.org](mailto:info@giveanhour.org)



## IMPORTANT DATES

Here are some important dates to remember for this month which is recognized globally.

How will you show your support for Suicide Prevention Month?



Suicide Prevention Awareness Month  
September



National Suicide Prevention Week  
September 6-12



World Suicide Prevention Day  
September 10