

# 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. That's why for suicide prevention month we invite you, and [our partners](#) to join us in using the [Connect to Hope toolkit](#) to encourage connections through simple action to help prevent suicide. Learn more about [Suicide Prevention Month](#).

### CONNECT TO SERVICES

Give an Hour provides care and support for a variety of populations (active-duty military, veterans, loved ones of service members, essential hospital workers from NY, NJ, & CT, survivors of man-made and natural disasters), through the generosity of volunteer mental health professionals across the country.

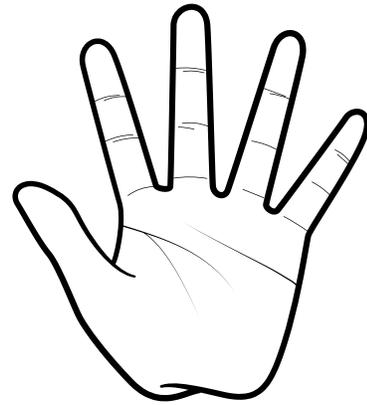


### VOLUNTEER TO GIVE HOPE

We invite all independently licensed mental health providers to join our network to provide critical mental health services. As a Give an Hour provider, you have the option to participate in various programs providing mental health services, support, and education to populations in need.

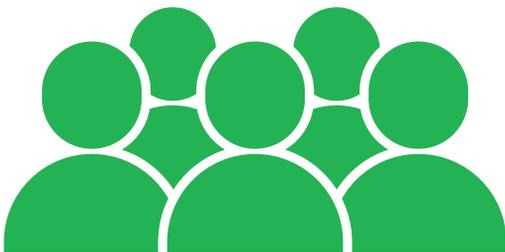
## **SPREAD AWARENESS**

Share the Five Signs Of Emotional Suffering and Healthy Habits Of Emotional Well-Being with your community so that we all have a common language to identify when someone is suffering and how we can stay emotionally healthy.



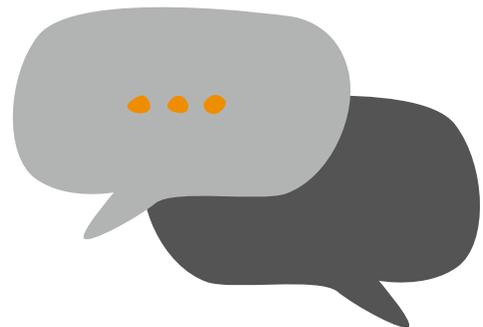
## **VOLUNTEER TO HELP**

Interested in making an impact in your community? Sign up for projects like provider recruitment, military community outreach, and more. The more people that know about Give an Hour and the Campaign to Change Direction the larger the impact we are making to change mental health.



## **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.



## SUPPORT CARE

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.



## CONNECT TO RESOURCES



If you recognize that someone in your life is suffering, now what? You connect, you reach out, you inspire hope, and you offer help. Show compassion and caring and a willingness to find a solution when the person may not have the will or drive to help him- or herself. Learn more about additional mental health resources and helplines in your community.

## NEED MORE IDEAS?

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



- [Download our Emotional Wellbeing Resources](#)
- [Share how you connect to hope](#)
- [Online memorial/honorarium](#)
- [Share our videos on social media or on your website](#)
- [Join one of our regional Facebook groups](#)
- [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 experts and have resources for suicide prevention. Learn how they connect people to hope.



## ABOUT SUICIDE PREVENTION MONTH



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. Give an Hour and the Campaign to Change Direction have put together a toolkit packed full of resources and ways to get involved. We are all in this together and through collaboration, those suffering from mental health challenges can #changedirection and find hope.

## 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