



LET'S PREVENT SUICIDE TOGETHER

Did you know that suicide in the US 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. Each September, organizations around the globe come together to spread awareness that help is available. We are all in this together and through collaboration, those who have been touched by suicide and who are suffering from mental health challenges can find hope.

HELP US BY CONNECTING, SPREADING AND GIVING HOPE THIS MONTH

CONNECT TO HOPE

- If you recognize that you, or someone in your life is suffering, now what? Check out our [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.

SPREAD HOPE

- 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. Talk about the Signs and Habits with others to let them know they're not alone.
- Create a post or image telling others what makes you feel hopeful or about a time when you felt hopeful. Use #Connect2Hope

GIVE HOPE

Licensed mental health providers can join the Give an Hour network to participate in various programs providing mental health services, support, and education to populations in need.

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 barriers, we ensure that someday all in need will receive the support they deserve.