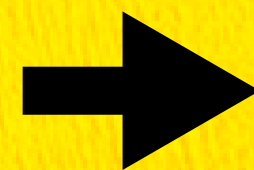


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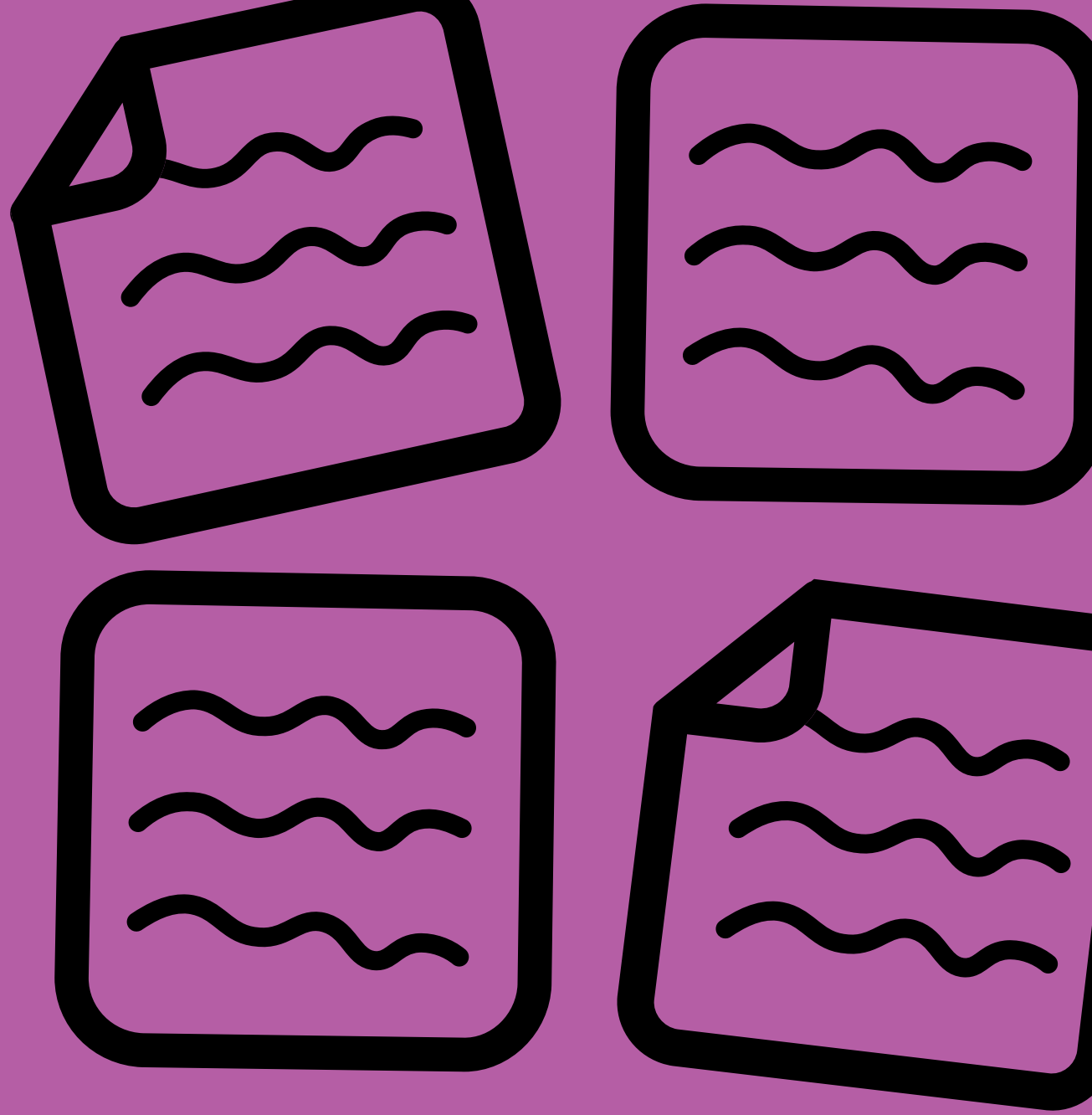


**Ways to make a difference this
Suicide Prevention Month.**



#StepUp4Hope

1



#WallOfHope

Create space for hope and inspiration!

Host a sticky note wall, poster board or other place where people can leave messages of hope, encouragement or mental health resources.

Take photos and tag #StepUp4Hope

#StepUp4Hope

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2



Share Mental Health Resources

Help your community access support.

Promote resources like the You Good? campaign, 988, Talk Saves Lives training and EAP programs with your community and on social media.

Challenge: Post 988 signage in one visible place by 9/14. Then photo and tag #StepUp4Hope

#StepUp4Hope

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3



Wear Teal & Purple on September 10th

**Stand in solidarity on National Suicide
Prevention Day.**

Encourage staff, friends and community members to wear teal and purple to honor lives lost and show support for mental wellness.

Share your photos using #StepUp4Hope

#StepUp4Hope

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Take a Break

Movement (in any form) + connection = powerful prevention.

- Move your body or change your surroundings. Whether it's a walk, a stretch or simply stepping outside for fresh air to boost your mood.
- Call a friend or invite a friend or co-worker to join you; its a simple way to connect and lift each other up. #StepUp4Hope

#StepUp4Hope

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CALL OR TEXT

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#StepUp  Hope