

Join us this Suicide Prevention Month to spread hope, promote mental well-being and strengthen community connection.



#WallOfHope

- Create space for hope and inspiration!
- Host a chalk mural, sticky note wall, or poster board where people can leave messages of hope, encouragement or mental health resources.
- Take photos and tag #StepUp4Hope



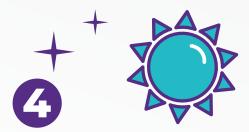
Wear Teal & Purple on September 10th

- 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



Share Mental Health Resources

- Help your community access support.
- Promote services like 988, Talk Saves Lives training and EAP programs on your social media or community bulletin boards.
- Challenge: Post 988 signage in one visible place by 9/12/25. Tag
 #StepUp4Hope when you do!



Take a Break

- 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—it's a simple way to connect and lift each other up.
- Movement (in any form) + connection = powerful prevention. #StepUp4Hope



