



**THE THINGS WE
DON'T SAY**



HOPE FOR THE DAY

PROACTIVE PREVENTION



Hope for the Day (HFTD) is a non-profit movement empowering the conversation on proactive suicide prevention and mental health education.

THREE TARGETS OF PROACTIVE WORK

Raise Visibility

Get Educated

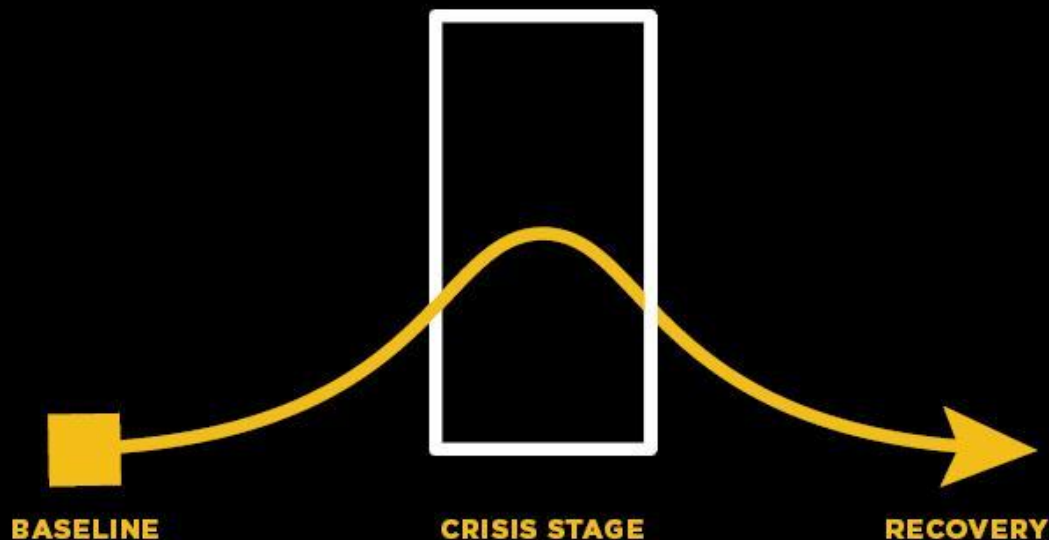
Take Action

PROACTIVE PREVENTION

Proactive prevention is about starting the conversation on mental health before it adversely impacts our lives.

TRADITIONAL PREVENTION SPECTRUM

- Suicide prevention is currently reactively focused
- Compartmentalized from overall wellbeing



WHY PROACTIVE PREVENTION?

- Suicide is a mental health crisis
- We can disrupt the highest risk factors before crisis stage
- Suicide is part of the mental health spectrum. It is the crisis point of unaddressed mental health challenges
- The biggest obstacle to effective prevention is silence of stigma

THE PROBLEM

+ 121



100



001



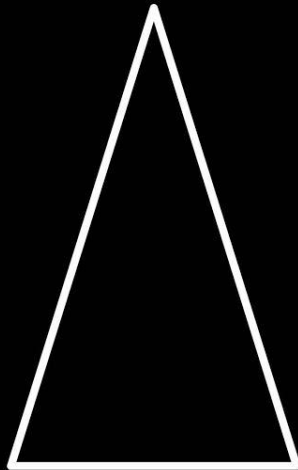
STIGMAS

Social and cultural factors that influence and try to dictate how we are permitted to express ourselves as individuals.

Dismantling the Mental Health Monolith

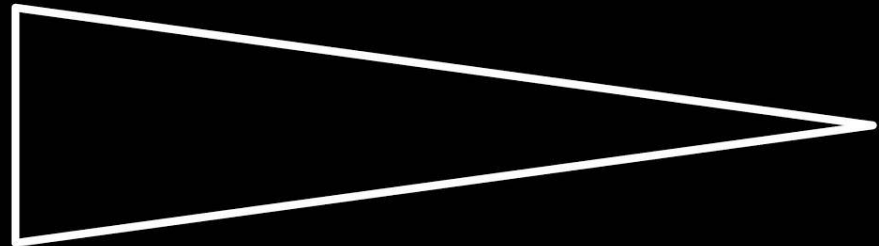
Psychological injuries are not based on a hierarchy or monolith of “More Serious or Important” vs. “Less Serious or Important”.

MORE SERIOUS OR IMPORTANT



LESS SERIOUS OR IMPORTANT

MORE VISIBLE



LESS VISIBLE

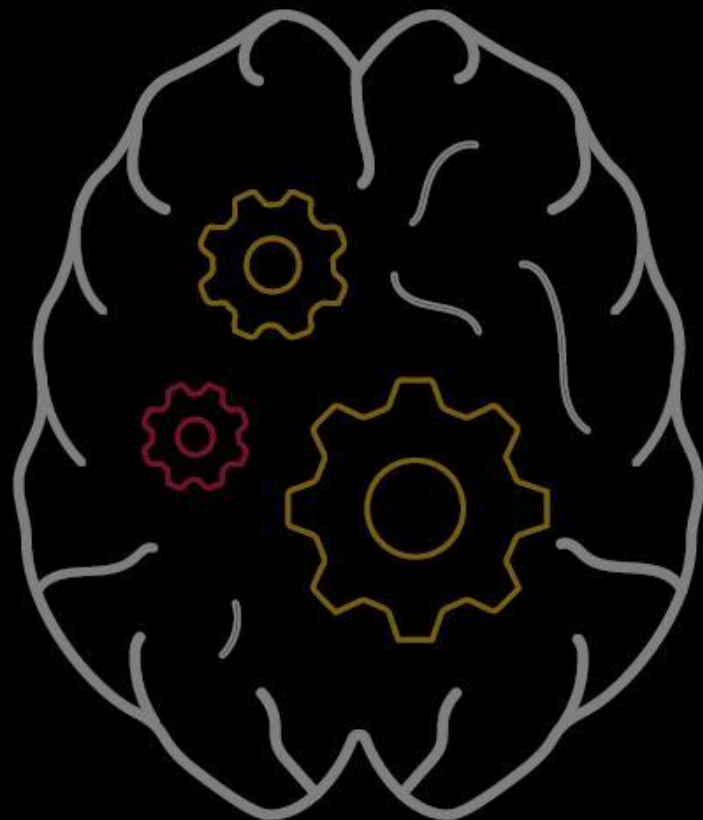
Instead, trauma exists on a wide spectrum of visibility with each experience retaining its own level of intensity.

RESPECT

the dignity of the individual

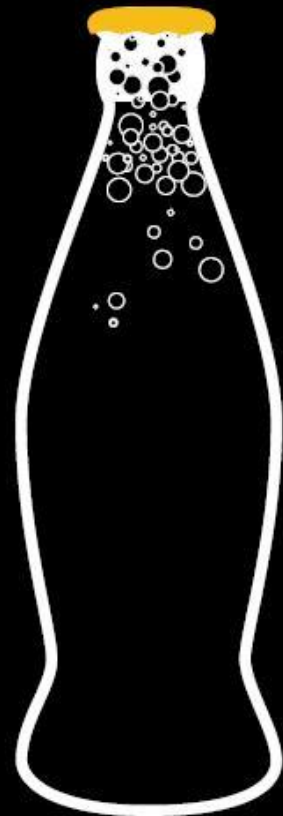
UNDERSTANDING MENTAL HEALTH

Mental Health impacts everyone's quality of life and includes our passions, relationships, and experiences.



Think of the mind like a bottle of soda.

Experiences from all aspects of life shake the bottle and build pressure. Self-expression is relieving the pressure without exploding.



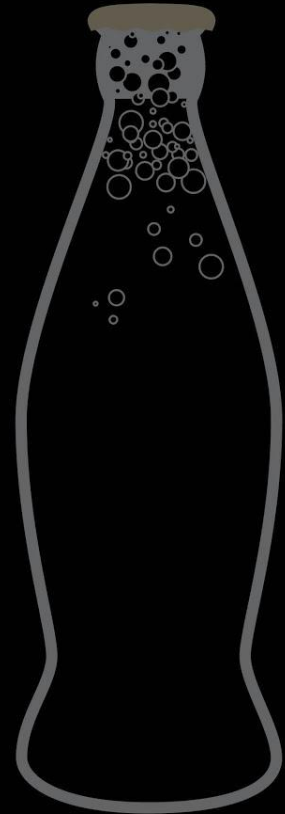
**There are two general
areas that can shake the bottle.**

**EXTERNAL &
INTERNAL**



INTERNAL

Genetic factors can disrupt processes and production within the brain.



EXTERNAL

PSYCHOLOGICAL INJURIES (TRAUMA)

A psychological injury encompasses any emotionally intensive experience.

- Registering as harmful or distressing
- It is a type of damage to the mind that occurs as a result of a wide range of experiences

EXPERIENCES CAN IMPACT...

- Directly or indirectly
- Suddenly or gradually over time



There is no

MAGIC WAND



HEALING & MANAGEMENT

We can prevent

SUICIDES

HOW TO BE SUPPORTIVE

When someone experiences a mental health challenge, here is how you can be supportive.

LISTEN:

Let someone really express their experiences. Being someone they can talk to is essential when giving support.

BE NONJUDGMENTAL:

Don't criticize or minimize the way they feel. You may not be able to understand exactly what they're going through, and that's Ok.

ASK WHAT NOT WHY:

When you ask questions, avoid asking 'why' questions, and instead ask 'what' questions. Asking why can have a judgmental tone even if you don't mean it that way.

HOW TO BE SUPPORTIVE

When someone experiences a mental health challenge, here is how you can be supportive.

GIVE INFORMATION - DON'T DIAGNOSE:

Don't assume they have an illness or condition. Provide direction to resources that can identify and treat mental health issues.

ACT AS A BRIDGE:

You can connect someone to mental health resources. Resources include family, school guidance, mental health professionals, and organizations like HFTD.

TEAMMATE IN SUPPORT:

Being supportive doesn't mean your duty is it to 'fix' someone. Mental Health is complicated and solutions aren't overnight. As a teammate, the best support you can give is by being a trusting ear, helping to navigate resources, and acting as a source of encouragement.

CRISIS RESPONSE



Take them seriously



Stay with them



**Connect with
Medical Professionals**



**SUICIDE PREVENTION
LIFELINE**

800-273-8255

CRISIS TEXT LINE

741-741

DESPITE THE THINGS YOU'VE BEEN THROUGH, IT'S OK NOT TO BE OK.



**NATIONAL SUICIDE
PREVENTION LIFELINE**
(800) 273-TALK(8255)

CRISIS TEXT LINE
TEXT "ITSOK"
TO 741741

**THE TREVOR PROJECT
FOR LGBT YOUTH**
(866) 488-7386

**NATIONAL SEXUAL
ASSAULT HOTLINE**
(800) 656-HOPE(4673)

FOR VETERANS
CALL: (800) 273-8255 (PRESS 1)
TEXT: 838255

**SUBSTANCE ABUSE &
MENTAL HEALTH SERVICES**
1-800-662-HELP (4357)



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FOR MORE RESOURCES, VISIT **HFTD.ORG**

**BROUGHT TO YOU BY OUR
PARTNERS IN PREVENTION**



**American
Foundation
for Suicide
Prevention**
Illinois



**WE ARE IN
THIS TOGETHER**

CITATIONS

