THE THINGS WE DON'T SAY
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 is about starting the conversation on mental health before it adversely impacts our lives.
TRADITIONAL PREVENTION SPECTRUM

- Suicide prevention is currently reactively focused
- Compartimentalized from overall wellbeing
WHY

PROACTIVE PREVENTION?

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

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*Citations available upon request
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”.

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 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)

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

CRISIS TEXT LINE
TEXT “ITSOK”
TO 741741

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

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

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

@hopefortheday
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FOR MORE RESOURCES, VISIT HFTD.ORG
BROUGHT TO YOU BY OUR PARTNERS IN PREVENTION

WE ARE IN THIS TOGETHER

CITATIONS