

988 | SUICIDE & CRISIS
LIFELINE

Messages of Hope



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Interactive activity to bring positivity to your community



1. How to participate:

1. Identify a community wall in your organization with moderate to high foot traffic.
2. Print out your selected templates and cut along the dotted lines. If a printer is not available, feel free to use sticky notes as a substitute.
3. Encourage your group to answer the prompt on each pre-cut card, or write a positive message of their own on the blank pre-cut cards.
4. Display your Messages of Hope on your selected wall on 988 Day (9/8).
5. Share your display on social media for 988 Day using the hashtag #988Day.

2. Additional information and talking points:

- 988 Day is a Day of Action held annually on 9/8. The goal of 988 Day is to raise awareness and positive buzz about the 988 Suicide & Crisis Lifeline through a variety of creative activities spearheaded by communities, organizations, and individuals.
- If you or someone you know is in emotional distress, help is available. Text or call 988 or chat 988lifeline.org. Caring counselors provide compassionate support and local resources 24/7.



Write a message of hope to someone who needs it today.

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What does support look like to you?

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Who helped you keep going?

Who helped you keep going?

Who helped you keep going?

Who helped you keep going?

What's one thing you wish someone said to you
when you were struggling?

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