



Compassionate Help.
Anytime. Anywhere.

988 | SUICIDE & CRISIS
LIFELINE

Messages of Hope

A photograph of a person's hands writing on a piece of paper with a pen. The background is a soft-focus image of a person's face, suggesting a message of hope and support.

Messages of Hope

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.

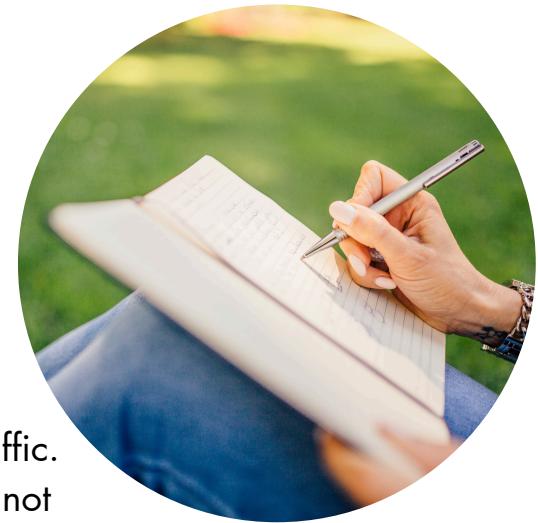
2.

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.



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

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What does support look like to you?

What does support look like to you?



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What does support look like to you?

What does support look like to you?



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Who helped you keep going?



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Who helped you keep going?



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



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