

HOPE AND CONNECTION: EVERYDAY WAYS TO STRENGTHEN MENTAL WELL-BEING

Suicide prevention is not only about responding to emergencies. Everyday habits and relationships can strengthen the sense that we belong, have options, and can get through difficult periods. Protective factors look different for each person, but they can be intentionally supported.

What to notice or do:

- Strengthen one reliable connection. Regular contact often matters more than having a large social circle.
- Build small routines that support sleep, meals, movement, medication adherence when prescribed, and time outside or away from screens.
- Create moments of purpose. Caring for someone, learning, volunteering, faith or cultural practices, creative work, and meaningful goals can all support connection.
- Practice asking for help before a crisis. Make support part of ordinary life rather than a last resort.
- Check on others, especially after losses, major transitions, relationship changes, health challenges, or other stressful events.



Keep in mind: Hope does not always feel dramatic. Sometimes it is simply the next appointment, the next conversation, a person who knows the truth, or a plan for getting through tonight.

Make checking in a habit. “I was thinking about you” can be a small sentence with a large reach. When we notice, ask, listen, and connect people with support, we help create communities where fewer people have to struggle in silence.