

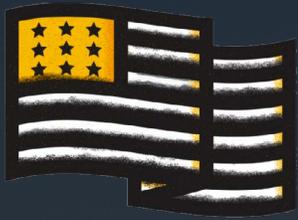


Hope For The Day® (H.F.T.D) is a non-profit movement empowering the conversation on proactive suicide prevention and mental health education.

VISION:

We envision a world where all people have equal and easy access to proactive suicide and mental health education and resources, and where mental health issues carry no negative societal stigmas.

THE FACTS:



45,000+ ANNUAL COMPLETIONS
IN THE UNITED STATES



703,000+ ANNUAL
COMPLETIONS GLOBALLY



2ND LEADING CAUSE OF
DEATH AMONG YOUTH
10-34 YEARS OLD



MENTAL HEALTH HAS
NO PREJUDICE.

OUR SOLUTION

H.F.T.D believes the best way to reduce these statistics is by shattering the silence of stigma. Our education programming is inspired by lived-experience best practices and endorsed by H.F.T.D's clinical advisory board. Our work aims to provide tools for early recognition and intervention to disrupt the highest risk factors for mental health crises and suicide.

OUR METHOD:

OUTREACH: Start the conversation

Proactive suicide prevention starts with a conversation. Instead of waiting for individuals to come to us, we meet people where they're at in their community (schools, coffee shops, concerts, community events, etc.). We also raise the visibility of resources and information to break the silence of stigma!

EDUCATION: Advancing the Conversation.

By understanding our mental health, we dispel stigmas. Our peer-led, clinically backed education ensures that individuals, institutions, and communities are educated and can proactively respond to mental health challenges.

ACTION: Empowering the Conversation.

By mobilizing individuals and communities to foster proactive environments, we can equip people with the right tools to take action on their own mental health and be supportive to peers in our community.



/HOPEFORTHEDAY



@HOPEFORTHEDAY



@HOPEFORTHEDAY

For more information visit HFTD.ORG



Hope For The Day® (H.F.T.D) is a non-profit movement empowering the conversation on proactive suicide prevention and mental health education.

OUR PROGRAMMING:

THE THINGS WE DON'T SAY: Hope For The Day®'s signature mental health education program teaches an individual the general skills needed to take action on our personal mental health and be supportive to peers in our community.

Things We Don't Say offerings include:

- **The Things We Don't Say: Part 1**
- **The Things We Don't Say: Part 2**
- **The Things We Don't Say: E-Learning**

IDENTITY & ORIENTATION: This is H.F.T.D's mental health education and outreach platform that discusses the unique intersection of L.G.B.T.Q+ experiences and mental health. Built by L.G.B.T.Q+ people, for L.G.B.T.Q+ people.

PROACTIVE WORKPLACES: Our corporate workplace education curriculum and action engagement program is focused on partner-specific, customizable strategies aimed at educating employees and leaders on proactive mental health, stigmas, how to be supportive, and raising the awareness of resources externally as well as resources currently provided by the company.

Proactive Workplace offerings include:

- **In-Office or Virtual Mental Health Education Sessions**
- **In-Office or Virtual Check-in Sessions**
- **Community Impact and Team Building**

COFFEE TALKS: Supplemental to our programs, this is a digital safe space focused on continuing the conversation providing a safe space where people can vent pressures, discuss self-care, and be reminded IT'S OK NOT TO BE OK®.

PUBLIC POLICY: You can get your local government involved in proactive suicide prevention through Hope for the Day's proclamations. By signing the proclamations, municipalities can help raise the visibility of mental health education and resources in their community and start the conversation about mental health.

- **The National Suicide Prevention & Action Month Proclamation**
- **The Proactive Mental Health Awareness Proclamation**



/HOPEFORTHEDAY



@HOPEFORTHEDAY



@HOPEFORTHEDAY

For more information visit HFTD.ORG