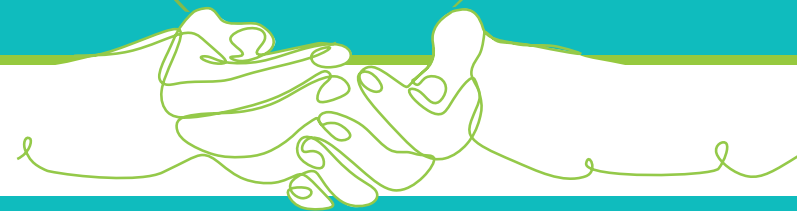


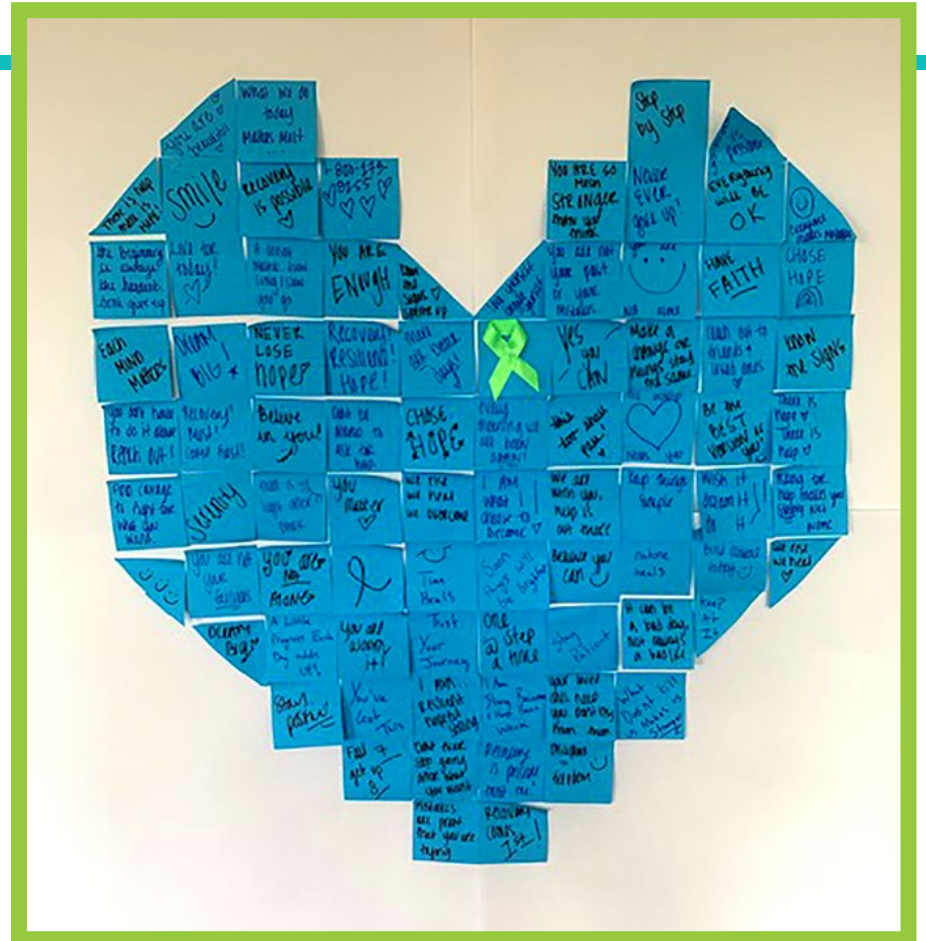
Hope, Resilience & Recovery

– Heart Wall Installation

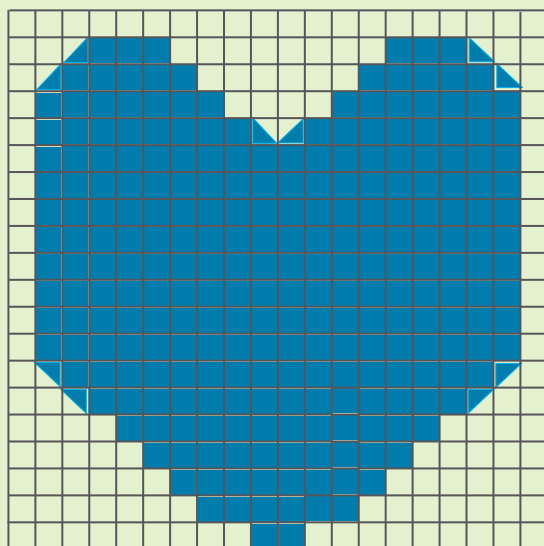


September holds **National Suicide Prevention Awareness Week**, as well as **National Recovery Month** – a time for individuals, organizations and communities to join their voices to broadcast the message that suicide can be prevented and recovery is possible. As part of the many activities taking place this month, we are encouraging everyone to show their support by sharing their own stories and resources. Together we can find hope, resilience and recovery.

A fun and meaningful way to create awareness is to write messages of support that when assembled together, create the shape of a heart.

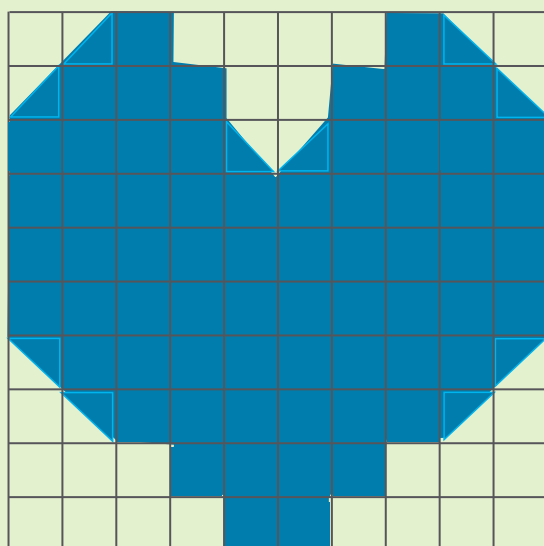


Follow these steps to form the heart:



5 x 5

- 1 square = 1 sticky note
- ▲ 1/2 squared = 1/2 sticky note



2.5 x 2.5 feet

- 1 square = 1 sticky note
- ▲ 1/2 squared = 1/2 sticky note

1. To start, find a wall space that is at least five feet wide by five feet high. A painted wall is the best surface. Using the gridline templates here, place light blue, purple or lime green sticky notes onto the wall, arranged in the shape of a heart. Use the grids pictured above to form a 2.5 x 2.5 feet or 5x5 foot heart wall installation or visit the website below to download the templates.
2. Respond to one of the prompts below by writing or drawing on one of the sticky notes. Read and be inspired by what others have written as well.
 - ♥ Leave a positive message to brighten someone's day.
 - ♥ What is the best thing someone could say to you when you need support?
 - ♥ Why is it important to speak openly about Suicide Prevention and Recovery?
 - ♥ What is one thing that is most important to you and worth living for?
3. To share your creation and inspire others to reduce stigma and learn about suicide prevention, snap a photo and upload it to social media. Don't forget to tag @EachMindMatters on Instagram, Twitter and Facebook and use #EachMindMatters.
4. Visit www.eachmindmatters.org/get-involved/spread-the-word/ for more ways to get involved in Suicide Prevention.