



What is the Faith.Hope.Life. campaign?

Faith.Hope.Life. is an opportunity for every faith community in the United States, regardless of creed, to focus one day each year on the characteristics common to most faiths that also have been shown to help prevent suicide. These characteristics are at the very core of most faith communities in that they:

- Promote hope
- Build healthy social connections
- Provide answers to life's challenging questions
- Recognize and celebrate reasons for living, and
- Support those who face mental health challenges and/or problems with misuse of alcohol and other drugs, as they seek effective treatment.

Are there any new tools or partnerships?

The Faith Communities Task Force of the National Action Alliance for Suicide Prevention recently developed excellent tools for leaders in the faith community to help shape campaigns in their communities. The Action Alliance and the National Council for Suicide Prevention have partnered to help spread this message among members of the faith community across the country.

Why should my faith community promote the Faith.Hope.Life. campaign?

Suicide does not discriminate. Without regard for race, ethnicity or gender, it can strike the lives of the rich and famous, the down and out, and everyone in between. Research has shown that for every 100 people in your faith community, several will seriously consider suicide in any given year. By promoting the messages of Faith.Hope.Life. you can help these individuals resolve those thoughts in a positive and healthy way – and possibly save lives.

What does this mean for me? How can I get involved?

There are many ways that you, as a member of any faith community, can get involved in preventing suicide and promoting positive messages around mental health and wellness. Here are a few to get you started:

1. Set up a meeting with your faith leader to talk about the Faith.Hope.Life. campaign.
2. Help break the silence by offering intercessory prayers for those living with mental or emotional illness, by naming them – depression, anxiety, schizophrenia, bipolar disorder, etc.
3. Use social media to spread the message about the annual day recognizing suicide prevention.
4. Make sure that your family members know to whom they can go for help in resolving a faith crisis or dealing with a mental health issue, including a situation where someone is thinking seriously about suicide.
5. Start a mental health/faith task force in your faith community.
6. Talk with your faith leaders to ensure that they have developed a faith community response to suicide among their members in line with the Faith.Hope.Life. resources.
7. Talk to media in your community about suicide prevention and promote a community-wide day.
8. Support www.Take5ToSaveLives.org campaign to prevent suicide.
9. Talk with your family about mental health and mental wellness often, using resources from Faith.Hope.Life.
10. Promote the National Suicide Prevention Lifeline 1-800-273-TALK (8255)