**Send Date:** Monday, August 31st, 2020

**Email Subject:** “Each Mind Matters: Hope, Resilience and Recovery Suicide Prevention WeekKit”

Next week kicks off Suicide Prevention Week and World Suicide Prevention Day, a time in which individuals and organizations around the country and the world join their voices to broadcast the message that suicide can be prevented, and to reach as many people as possible with the tools and resources to support themselves and those around them. The month of September also holds National Recovery Month, a time in which to increase awareness and understanding of mental and substance use disorders and celebrate the people who have found recovery.

We are excited to share the theme for this years 2020 Suicide Prevention Kit, “**Hope, Resilience and Recovery**”. The theme this year is focused on hope by promoting resiliency through social and emotional learning and celebrating recovery. By promoting protective factors such as hope and resilience, we may reduce the likelihood that someone experiencing challenges will go down the suicidal crisis path. These protective factors may also help to prevent substance use, while fostering recovery and wellness.

With resources in English and Spanish, this year’s kit includes many activities that can be done individually, as a group or within communities, in person, as well as virtually or at home.

View Each Mind Matters Suicide Prevention Week 2020 kit [here](https://www.eachmindmatters.org/spw2020/) for materials that include the below and much more:

* Data Briefings and Talking Points on Suicide Prevention, Alcohol and Drug Use and Social and Emotional Learning
* Activity Tip Sheet with these new activities:
  + Trivia Game
  + Post-It Note Heart Wall Installation
  + Hope Journal Bookmark
* Social Media Guide
* Messaging and Working with the Media

Keep an eye out next week for daily emails with resources, information and more:

* Monday September 7th: Spread Hope
* Tuesday September 8th: Fostering Resilience
* Wednesday September 9th: Celebrating Recovery
* Thursday September 10th: Get Involved in World Suicide Prevention Day
* Friday September 11th: Time for Reflection

Connect with Each Mind Matters and thousands throughout the country during Suicide Prevention Week and National Recovery Month online by tagging @EachMindMatters and using hashtags #EachMindMatters #SuicidePreventionWeek2020 #NationalRecoveryMonth #KnowTheSigns