

**Know the Signs.  
Find the Words.  
Reach Out.**

[suicideispreventable.org](https://suicideispreventable.org)



# Suicide Prevention Activity Tip Sheet

Share Hope Together  
for Suicide Prevention

**Know the Signs. Find the Words. Reach Out.**

**2023 Suicide Prevention Activation Kit:** [www.suicideispreventable.org/prevention-kit.php](https://www.suicideispreventable.org/prevention-kit.php)

This activity tip sheet is intended to help individuals and organizations across California with planning and implementing suicide prevention activities, during National Suicide Prevention Awareness Week and beyond.

This year, in support of National Suicide Prevention Awareness Week and World Suicide Prevention Day, we are placing a special focus on the act of sharing. The act of sharing, whether that be sharing hope, stories, time, resources, or experiences, can serve as a powerful tool in suicide prevention. By sharing hope with one another and throughout our communities, we can support and help connect individuals to resources. Sharing can create a sense of belonging while also reducing the weight of our burdens - allowing us to take action for suicide prevention together.

For additional support and questions, please email [info@suicideispreventable.org](mailto:info@suicideispreventable.org)

**Suicide Prevention Week: September 10th – 16th, 2023**

**World Suicide Prevention Day: September 10th, 2023**

[suicideispreventable.org](https://suicideispreventable.org)





### Preparing for Suicide Prevention Activities

- Review suicide prevention data and activities for your county.
- Learn about best practices for effective messaging around suicide prevention at [suicideispreventable.org](https://suicideispreventable.org).
- Plan and schedule your suicide prevention week social media calendar, utilizing the social media guide and images.
- Work with your web development team to add suicide prevention resources to your county or organizations website.
- Send out emails reminding staff and partners about planned activities and resources.

### Suicide Prevention Activity Activation

- Increase knowledge about suicide prevention through suicide prevention activities such as the crossword puzzle, bingo, or trivia, all available in virtual and in-person formats and English and Spanish.
- Hold a 'Lunch & Learn' session and share the Suicide Prevention 101 presentation.
- Share suicide prevention social media posts and captions.
- Set up virtual or in-person resource table to promote local and statewide resources.
- Host an in-person or virtual event focused on wellness and self-care exercises such as breathing, meditation, grounding techniques, or yoga.
- Promote and join in World Suicide Prevention Day to share the importance of suicide prevention and to remember loved ones who died by suicide.

## Spotlight Activity

### Sharing Connected Stories

This activity is rooted in the idea of sharing to discover connections, sources of inspiration, and examples of hope between people. It can be used as an icebreaker or team building activity during presentations, or community events. The objective of this activity is to connect the stories of groups in an innovative way, creating a chain of connected stories, with the group with the longest chain winning.

### Materials required:

- Pens
- Sticky Notes
- Notecards or other small slips of paper

### Instructions

- Divide participants into small groups, min 3 - 5 or max 6 - 8 individuals per group.
- Ensure each group has a handful of sticky notes and pen, or if participating virtually something to capture notes on
- Determine on a time for the activity, recommended 5 - 10 minutes.
- Assign a person within each group to be the note taker, they will write down a few words on each sticky note for each story shared to create their groups story chain.
- To begin, ask people in the group to share an experience that is related to how they cope with tough times, ground themselves, or a memory of when they felt connected.
- One person in the group begins by sharing an interesting memory or experience they have.
  - For example, "When I'm feeling overwhelmed, my favorite thing to do is to meditate. I'll do it for anywhere between 1 - 10 minutes. It really helps to calm my worries".
- Any other person within the group can tell a related story that has a similar theme or element.
  - For example, "I also practice meditating when I'm feeling overwhelmed, I love to do box breathing and also sometimes I add in stretching."
- Any other person within the group then tells a related story that has a similar theme or element and so on...
  - "I've had to do lots of stretching due to sports that I've played. I played basketball for ten years and this helped me feel connected to a group of people."
- Group members repeat this process until the time is up.
- At the end of the game, the group with the longest chain of connected stories is the winner. You make ask the group to share the chain with the whole group.

