# BRIGHT BRAIN
## BULLETIN

## SUICIDE PREVENTION AWARENESS & HOPE SEPTEMBER 2026

Hope can be a very powerful thing, especially when we look at Suicide Prevention Awareness Month throught September. It can be used for helping someone reconnect with possibilities, relationships, resources, and reasons to keep moving forward. Let's move beyond just having hope, to living with hope.

## FRAMEWORK OF HOPE

Hope isn't simply "thinking everything will work out." A commonly used framework, associated with psychologist C. R. Snyder, describes hope as having three parts:

- Goals
  - "I can identify something I want to move toward."
- Pathways
  - "I can imagine ways to get there."
- Agency
  - "I believe I can take steps toward it."

**Hope=Goals+Pathways+Agency**



## MAGIC OF HOPE

Hope doesn't require certainty about the future. Hope requires the possibility of a future. Sometimes hope begins as small as believing, "I don't know what happens next, but I don't have to figure it out alone."

## Micro-Moments

"Hope is being able to see that there is light despite all of the darkness." — Desmond Tutu



## REACH OUT

Challenge yourself this month to reach out to a friend to check in. Schedule a time to get together to catch up over a cup of coffee. Connection is one of our strongest tools to promote mental wellness and help prevent suicide.

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