

# Hope Holders

## A Proposed Pilot Project

*March 9, 2016*

### Goals

- A. To ignite a spark of hope that can deflect desperation.
- B. To give a moment to pause and reset thinking.
- C. To provide resource info so depressed individuals can seek help.
- D. To reduce the frequency of suicide attempts at the Quechee Gorge.

### Description

Small "houses" on poles, one at each approach to the bridge (see handout). Houses are weatherproof, but have an access door and are illuminated at night with the word "Hope".

### Potential Local Collaborators

Hartford Community Coalition, Hartford Area Chamber of Commerce, Town of Hartford – including School, Fire & Police Departments, Vital Communities, Windsor County Partners

### Hope Holder Messages

1. You Are Not Alone
2. People Care About You
3. You Are Still Alive
4. There is Hope
5. Help is Available
6. You Can Help Others

### Message to Avoid

Life is Good (Implied subtext – The rest of us are happy, what's wrong with you?)

## Hope Holder Supplies

*Examples of Potential Contents*

Books (small) – 1001 Ways to Live in the Moment; 40 Days of Hope

CD's – The Mindful Way Through Depression

Flashlight *If needed*

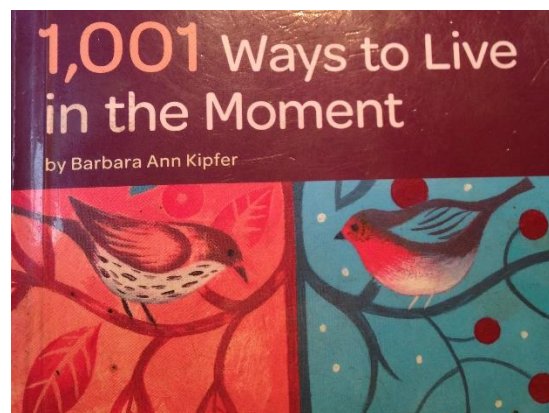
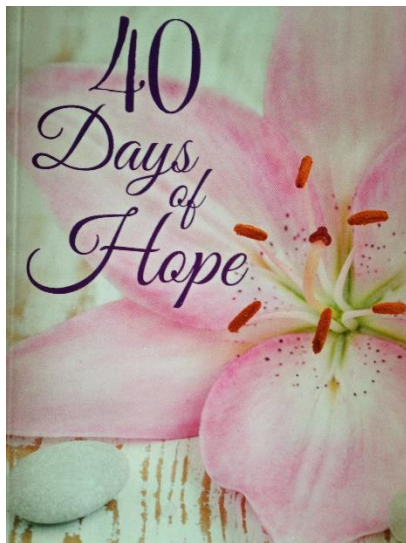
Free Coffee Coupons

Gum; Scent Packets

Pamphlets *just a few*

Resource Numbers

You Are Never Alone Caring Coins [youareneveralonefoundation.org](http://youareneveralonefoundation.org)



## Resources That May Be Helpful to Legislators

2006 Documentary Film "The Bridge" [topdocumentaryfilms.com/the-bridge/](http://topdocumentaryfilms.com/the-bridge/)  
Annual NH State Suicide Prevention Conference (2016 will be the 12<sup>th</sup>)  
American Foundation for Suicide Prevention – Vermont Chapter