

JOIN THE RIPPLE OF HOPE MOVEMENT

A GLOBAL KINDNESS CAMPAIGN FOR SUICIDE PREVENTION
AWARENESS MONTH



Be the Reason Someone Stays

Suicide is the second leading cause of death in people ages 15-29, but kindness can save lives. With your help we can make a difference.

12 ACTS ENDLESS IMPACT

12 PEOPLE DIE EACH DAY FROM
SUICIDE. SO WE ARE
CHALLENGING YOU TO COMPLETE
12 RANDOM ACTS OF KINDNESS
IN THE MONTH OF SEPTEMBER TO
RAISE AWARENESS FOR SUICIDE
PREVENTION AND START A
RIPPLE OF HOPE.



HOW TO JOIN

1. Scan the QR code or go to noonelistenstolaura.com/therippleofhopemovement
2. Sign up with your name and email
3. Complete your 12 Random Acts of Kindness
4. Track them with the Ripple Tracker in your account
5. Share your ripples of hope on social media with #rippleofhopemovement and tag @noonelistenstolaura for a chance to be featured
6. Share a photo with your completion badge to be entered for a chance to win awesome prizes

Follow @noonelistenstolaura on
social media

together we can start a
ripple and create a change!

