

'Sea of Hands of Support' Hand Stencil

Join our mass display of SUPPORT & HOPE for any of us who may need it

1. Trace your own hand or print this hand stencil

2. Write your message of hope & support on your hand. Now get creative and decorate your hand

4. Cut your hand out

5. Put your hands up where they can be seen, like in your front window

6. Talk about your feelings make sure that you let your loved

ones know they can talk to you when they are struggling and that you can reach out for support at anytime

We are all in this

TOGETHER

& if we all

reach out we can start to end suicide



Sea of Hands
of **SUPPORT**
turn the tide on suicide

Don't forget to take a pic and post it to your social media tagging @reachoutstes #SeaofHandsofSupport