**WSPD Suggested Social Posts**

**What helps you to stay hopeful when you’re struggling?**

**Copy:** I believe we can all play an active part in suicide prevention, which is why I’m supporting @samaritans this World Suicide Prevention Day.

They've compiled a list of tips and resources to help you remain hopeful during a difficult time. <https://bit.ly/2XIR8q0> #WSPD

**Asset:**‘What do you do to stay hopeful when you’re going through a difficult time?’

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**Link:**<https://www.samaritans.org/how-we-can-help/if-youre-having-difficult-time/staying-hopeful>

**Tip 1: Going on a walk with a Friend**

**Copy:** Going on a walk with friends or family can be a great way to help boost our overall mood and wellbeing.

@samaritans have some great resources to help you look after yourself and bring hope in these tough times. #WSPD <https://bit.ly/2XIR8q0>

**Asset:**‘Simply going on a walk with a friend could help bring hope during a difficult time.’

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**Link:**<https://www.samaritans.org/how-we-can-help/if-youre-having-difficult-time/staying-hopeful>

**Tip 2: Keeping a Gratitude Journal**

**Copy:**  Connecting with how you're feeling by writing your thoughts down could help you stay safe in a crisis.

@samaritans have shared practical techniques to help bring hope, which I’m sharing today in support of #WorldSuicidePreventionDay #WSPD <https://bit.ly/2XIR8q0>

**Asset:**‘Keeping a gratitude journal can give you the opportunity to focus on the things you’re grateful for and can help improve your optimism.

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**Link:**<https://www.samaritans.org/how-we-can-help/if-youre-having-difficult-time/staying-hopeful>

**Tip 3: Pause and Reflect**

**Copy:** Over the past year, many of us may have experienced feelings of overwhelm and uncertainty.

@samaritans have shared useful tips on how you can take the time to pause and reflect to help you manage your thoughts. <https://bit.ly/2XIR8q0> #WSPD

**Asset:**‘Taking the time to pause and reflect may help you prioritise and manage your thoughts.’

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**Link:**<https://www.samaritans.org/how-we-can-help/if-youre-having-difficult-time/staying-hopeful>

**Signposting**

**Copy:**You may have seen a lot of difficult content this #WSPD. Remember, @samaritans are open 24/7 for emotional support if you need to talk.

You can call them any time, day or night, on 116 123, or email jo@samaritans.org 💚

**Asset:**

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