Grow these every day

Meaning, connection and contribution

Lowering the risk of crisis lowers the risk of suicide. These three factors protect us, and the wonderful thing is that we can grow them every single day.

1 Meaning

Discovering our purpose gets us excited about life. It helps us know there is a point to being here and that who we are and what we do matters.

2 Connection

Connection helps us regulate emotions and supports self-esteem and empathy. Research shows a lack of human connection can be as harmful to our health as smoking. Meaningful connection can happen with anyone, anywhere, even briefly.

3 Contribution

Making a positive difference, and having it recognized, builds connection and adds meaning. Knowing someone needs us can be what gets us out of bed in the morning.

Try this today

- **Meaning:** What's one thing you're doing today that matters to you? How could it matter a little more?
- **Connection:** Who could you reach out to with a quick, genuine message?
- **Contribution:** How could you make someone's day a little easier?

> At home, at school and at work, let's intentionally create environments where everyone experiences meaning, connection and contribution every day.

Need help now? If you or someone you know is thinking about suicide, call or text **988** (US) or text HOME to 741741. If someone is in immediate danger, call 911.

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