



Our Mission:

To empower and serve people in need of specialized supports by providing innovative services that improve their ability to live fulfilling lives in the community.

Hope 4 Tomorrow

*An Educational Student Program for
Mental Wellness and Support*

Main Office

500 Office Center Drive, Suite 100
Fort Washington, PA 19034-3234
215.540.2150 (phone)
215.540.2165 (fax)
www.accessservices.org

Access Services is an Equal
Opportunity Provider.

National Suicide Prevention Lifeline

1-800-273-8255
suicidepreventionlifeline.org

National Crisis Text Line

Text "HOME" to 741741
www.crisistextline.org



What Is It?

Hope 4 Tomorrow is a program designed to educate students about mental health and suicide. Students are engaged in the powerful story of an extraordinary speaker and their experiences with suicide and mental health. While seeing real-life examples, students will have the opportunity to learn skills that bolster their wellness and be empowered to ask for help for themselves or someone else. The presentation utilizes interactive activities such as games, volunteer opportunities, and polls. The program hopes to engage with students while fostering discussion and thought about their own mental wellness and supports. The program will end with resources available to students in the school and community.

Values and Outcomes for Students

- An engaging atmosphere
- A unique educational experience
- Interactive activities
- Opportunity to be more aware of subjects like mental health and suicide
- Empowerment to support fellow students

Schools Can Expect

- Live anonymous data from students in the assembly
- Educational skills for students
- Awareness of resources in the school and community
- Further partnership around mental health awareness



Where to Begin

Hope 4 Tomorrow strives to be a flexible and accessible program for all schools.

Time

For a designated speaker, we ask that 1 hour and 30 minutes be allotted. This gives the speaker enough time to tell a robust story and include the interactive portion of the program.

The program can also be delivered in a 45 minute to 1 hour window. This does not allow time for a designated speaker, but the program will still feature lived experiences and contain the interactive activities.

Cost

The Hope 4 Tomorrow program does come with a cost. It is dependent on location of the school, with or without a speaker, and time. This cost will be determined individually with each school. H4T is committed to making this affordable for everyone.

Contact

If interested in a Hope 4 Tomorrow program, please contact:

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