

# MAYers for Mental Health

Stop by to write a message of resilience, hope, or overcoming struggle. We will provide these meaningful messages to local hospitals so they can offer them to patients in mental health care.

Can't make it to the event? Feel free to mail your messages of hope to:  
PO Box 28955  
Spokane, WA 99228

Feedback from a project that this is effort is modeled after, Psych Ward Greeting Cards, found that more than 80% of former psychiatric unit patients surveyed said receiving a "get well soon" card would have helped their recovery.

**Date:** May 31, 2023

**Time:** 4:00 - 7:00 PM

**Location:** RealVantage Real Estate Co.  
808 E Sprague Avenue  
Spokane, WA 99202

*Materials for card decorating and writing as well as light refreshments provided, all are welcome. Please pre-register to let us know you're coming!*

Register



**FAILSAFE<sup>™</sup>**  
**FOR**  
**LIFE**  
Ending suicide through connection, education & hope

