



# International Day of Hope

A celebration of the “how-to” of hope

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Join us on the first Monday in May to celebrate the International Day of Hope.

May is Mental Health Awareness Month. It is therefore fitting that we start the month by celebrating hope, as hope is critically important for mental health. Hope is a known protective factor for anxiety, depression, addiction, self-harm, and suicide.

The International Day of Hope kicks off a five day hope activation dedicated to sharing the science, stories, and strategies of hope around the world.

Learn more about the International Day of Hope by visiting [www.hopefulcities.org](http://www.hopefulcities.org)