

# Hope Ducks



## Hope Ducks

Box Elder County Extension is partnering with the Bear River Health Department and Intermountain Health Care to spread hope through our Hope Duck Campaign. We want everyone to know that they are seen, they are loved, and they are needed. There is ALWAYS hope, pass on the hope to those around you and let them know you are aware of them and their needs. Additional resources can be found on this page for help with mental health concerns:

- **Call or text the national 988 lifeline for free and confidential support.** Trained staff are ready to provide supportive listening, resources, & *crisis* intervention
- Learn how you can aid someone thinking about suicide, [check out this training](#). When you complete your training, send your certificate to April Litchford at [april.litchford@usu.edu](mailto:april.litchford@usu.edu) for a chance to win a free gun-safe or gun-case.
- Did you know people that work on farms and ranches have a high risk of mental illness? [Learn more about this and how to get help](#).
- [Storing your firearms responsibly](#) can save lives! Firearms are the leading method of suicide, check out this resource for more information on how to store your firearms to prevent suicide.



**THIS**  
IS SUICIDE  
PREVENTION

Extension  
UtahStateUniversity.



Bear River  
Health  
Department

Intermountain  
Healthcare

Utah  
Crisis Line  
In Association with  
the National Suicide  
Prevention Lifeline

Call anytime: **9-8-8**  
Find support at Live