



Hope For The Day

The Illinois Association of Junior High Student Councils (IAJHSC) is proud to present our 2020 - 2021 State Service Project: Hope For The Day. This non-for-profit focuses on suicide prevention founded by Jonny Boucher in 2011 in our great city of Chicago. In our society today, suicide is a major concern.

“800,000 people commit suicide in a year, with every 40 seconds a person killing themselves.” (HFTD) It is astounding that according to the Center for Disease Control and Prevention, young people are the hardest hit group dealing with anxiety and depression.

Things need to change.

Hope For The Day’s main goal is to bring the suicide rate down and break the silence and stigma around mental health struggles. This world renowned organization offers assistance not only in 17 different languages, resources on their website (hftd.org), music and art activities, but also offers the Light Project, which offers people a voice to let others know they are not the only ones going through a tough time. They also own a coffee shop, Sip of Hope, in Chicago where 100% of the proceeds go to their charity to fund events.

As young leaders, it is up to **US** to be part of the change. It is up to **US** to use our voices to make an impact. If we stay quiet we’ll be part of the issue. Using our voices could save someone's life. That someone could easily be your friends, family, anybody. Don’t take your voice for granted. Malala Yousafzai once said, “ When the whole world is silent, even one voice becomes powerful.”

In the time that you have read this, 1 to 2 people have died. Let that resonate with you. We are going to be the change. Let’s work together to raise money for this outstanding cause.

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