



PREVENTS Supporters: Moments to REACH Toolkit Instructions About Our Newest Campaign

Greetings PREVENTS Supporters!

This November, the PREVENTS Office is excited to launch the *Moments to REACH* campaign. The goal of this campaign is to inspire people from all across our Nation to REACH by sharing a story about a time they REACHED to provide support for a loved one or when they REACHED to find help for themselves. We are looking for YOU to help us by sharing YOUR story. Here are the steps you can take to submit your story:

1. Record a short video (maximum 2 minutes) about a time you REACHED to provide support for a loved one or a time when you personally REACHED for support.
2. Email your video to MomentstoREACH@va.gov. If it's a large file and you have trouble sending, you can try using [WeTransfer](#).
3. This is an evergreen campaign, so submissions are always welcome, but the sooner the better!
4. Post your video on your social channels, tagging @WeArePREVENTS and #REACHnow. Sample social media posts are below!
5. Share, retweet, and comment on other's Moments to REACH videos and encourage others to record and post their own.

Please let us know if you have any questions at MomentstoREACH@va.gov. Thank you so much for helping us with this campaign!

The PREVENTS Office
REACH.gov

Facebook and Twitter Posts



I'm inviting you to watch my video below about my Moment to REACH and create your own video about a time you REACHED to provide support or REACHED to find help for yourself. Share your story by tagging #REACHnow and @WeArePREVENTS!



Sharing stories about vulnerable moments can spread awareness and help those who are struggling to understand that they are not alone. Watch my video and create your own about a time you took a Moment to REACH to those in need or REACHED for support. #REACHnow @WeArePREVENTS

Instagram Post



Sharing stories helps motivate others to take action! Take a Moment to REACH and share your story like I did in this video. When was a time you REACHED to someone in need or REACHED because you were in need? Join our movement to REACH today by posting your own video. Tag the account @reachgov and make sure to include #REACHnow! Together we will #PreventSuicide

