



nami Walks

YOUR WAY

Crafty Saturday



Kindness Rocks

One message at just the right moment can change someone's entire day, outlook, life. —#Kindness Rocks Project™

Here's a fun project that doesn't take a lot of time, is an easy way to spread happiness, and can help someone feel less alone. It has been trending from coast to coast and providing little spontaneous moments of kindness.

- Gather together small, smooth rocks and either paint markers or acrylic paints and brushes.
- Paint an inspirational message, word or picture on the rock.
- *Optional - spray a ModPodge sealant over the painted piece to protect it from the elements.*
- Take a couple of rocks with you and leave them in places where someone can find them at just the right moment - a park, a hiking trail, a sidewalk, next to the library steps. Or, hold onto it to help inspire you.

NAMI Vermont Minute:

September is Suicide Prevention Awareness Month - a time to share resources and stories in an effort to shed light on this highly taboo and stigmatized topic. We are using this month to raise awareness, reach out to those affected by suicide, and connect individuals with suicidal ideation to treatment services. We want people to understand that no one is alone. This Kindness Project is a good way to start spreading the word that You Are Not Alone.

If you or someone you know is in an emergency, call the National Suicide Prevention Lifeline at 800-273-TALK (8255) or refer to [Vermont Care Partners Intake and Crisis Lines](#) for a local number.