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No one should have to walk through life alone.

Need support right now?

If you're in emotional distress or worried about someone, support is available.



Learn More About #THEYMATTER

Suicide Prevention Action Awareness
Take Action. Spread Awareness.
#THEYMATTER
AASPtheymatter.org

Action & Awareness for Suicide Prevention 501(c)(3) nonprofit | Erwin, Tennessee

ACTION & AWARENESS FOR SUICIDE PREVENTION
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To Donate:
Text **UMATTERBUDDY** to **707070**



AASP THEY MATTER
ACTION & AWARENESS
FOR SUICIDE PREVENTION

U MATTER BUDDY™



Providing hope and letting them know that they matter.

PROGRAMS
THE HOPE PROJECT

Scan Here

The Hope Project is the umbrella for AASP THEY MATTER's programs, initiatives, and campaigns. Each effort shares a purpose: to help people feel seen, supported, and reminded that they matter.

WHO IS THEY MATTER?

The ones who say "I'm okay" because it's easier than explaining how they really feel.
The ones we've lost and still carry with us.
The ones who are struggling in silence.
The ones who feel judged when they finally open up.
The ones who feel invisible, even in a room full of people.
The ones whose health conditions are misunderstood and whose pain is brushed aside.
The ones who show up for everyone else and wonder who would show up for them.
The ones who want to ask for help but don't know where to start.
The one reading this right now.

Whatever it is that you are going through, you do not have to go through it alone.

U MATTER BUDDY....even when you doubt it.

ABOUT US
OUR VISION

We envision a world where no one feels invisible in their pain, where hope is louder than stigma, and where every person knows they matter...regardless of what they've endured.

We dream of communities where support is holistic, prevention is proactive, and healing is accessible...especially for those whose suffering is often misunderstood, dismissed, or ignored.

Our vision is a world that sees the whole person...not just their diagnosis, not just their story - but their worth.

A world where people don't have to break to be believed.

A world where compassion replaces judgment, and connection saves lives. Together, we will build it - one act of awareness, one voice of action, one life at a time because they matter.

AASPtheymatter.org