



FACT SHEET

**ABOUT HOPE
MEANS NEVADA:**

As one of the most trusted and visible mental health resources in the state, Hope Means Nevada (HMN) inspires a culture of empathy and advocacy around mental health. While raising awareness around Nevada's high rates of mental health challenges, the organization strives to amplify hope and connect youth with desperately needed resources. Through collaborative, compassionate, inclusive and impactful efforts, the community-based initiative envisions a suicide-free Nevada.

MISSION:

Hope Means Nevada's (HMN) mission is to eliminate teen suicide and empower Nevada's youth to live hopeful lives.

FOUNDING DATE:

December 2019

**EXECUTIVE
DIRECTOR:**

Janna Velasco

CO-CHAIRS:

Julie Murray
Erika Pope

**ABOUT THE TEEN
HOPE ACADEMY:**

Teen Hope Academy is a new statewide program created to equip Nevada's youth with life-saving mental health tools at a time when they are needed most. The five-session, evidence-informed video program, led by **Dr. Glory Finnegan, Psy.D.**, and produced thanks to the generosity of R&R Partners, is delivered to participating students via Google Classroom during in-person sessions facilitated by school staff. The interactive video sessions were designed to be viewed together in a daylong workshop or spread out over a period of days or weeks, and each one focuses on preventative strategies and practical skills to help teens navigate daily stressors and emotional challenges. In addition, each student receives the accompanying Teen Hope Academy workbook, which provides

a toolkit students can use to support their mental wellness beyond the sessions.

ABOUT HOPE IN ACTION:

“Hope in Action” is an annual community hope walk, volunteerism and mental wellness event. The program brings together teens, families, businesses, community organizations and local leaders for a day of connection and mental health advocacy designed to inspire hope through action. Hope in Action highlights the positive impact volunteering can have on both individuals and the community. Research shows helping others can improve mood and support overall mental well-being, making service a meaningful way to strengthen both personal resilience and community connection.

ABOUT HOPE ROCKS:

The Hope Means Nevada teen community paints rocks with inspirational quotes and the Hope Means Nevada mission to provide others in need of a mental health boost. These rocks are hidden in parks and gardens around Nevada for others to find.

ABOUT #ASK5

Hope Means Nevada encourages all Nevadans to reach out to five family members or five friends today and ask if they are OK.

VOLUNTEER OPPORTUNITIES:

Email info@hopemeansnevada.org

HIGH-RES PHOTOS AND VIDEO:

[Click here.](#)

WEBSITE:

www.HopeMeansNevada.org

SOCIAL MEDIA:

[Instagram](#), [Facebook](#) and [X](#).

ADDRESS:

PO Box 2104, Las Vegas, NV 89125

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