



ANCORA'S CORNER

ANCORA PSYCHIATRIC HOSPITAL TRAUMA INFORMED CARE COMMITTEE

What is the Project Semicolon?

Project Semicolon is a non-profit movement dedicated to presenting hope to those who are struggling with mental health, suicide, self-injury, and addiction. As the Project Semicolon website reads:

“A semicolon is used when an author could’ve chosen to end their sentence, but chose not to. The author is you and the sentence is your life.”

It’s a simple concept; simply draw or tattoo the semicolon symbol somewhere visible on your body to represent and share personal strength to overcome internal struggle. This means anyone can raise awareness of suicide prevention, depression, addiction, and help stop mental health stigma. Many people have chosen to tattoo a semicolon on their wrist, ankle, or behind their ear to get the conversation about Mental Health Stigma started.

The Semicolon Project, whether you have a tattoo or not, wants to spread the word to stop Mental Health Stigma. It gives permission to discuss personal experience, strength, and hope with others.

The Founder and President of Project Semicolon is Amy Bleuel who wrote the mission for this project. The mission statement is “Project Semicolon is a global non-profit movement dedicated to presenting hope and love for those who are struggling with mental illness, suicide, addiction and self-injury. Project Semicolon exists to encourage, love and inspire. Stay strong; love endlessly; change lives.”

The Vision for Project Semicolon is:

“The vision is that together we can achieve lower suicide rates in the U.S. and around the world;
That together we can start a conversation about suicide, mental illness and addiction that can't be stopped;
We envision love and hope and we declare that hope is alive;
We envision a society that openly addresses the struggle with mental illness, suicide and addiction;
We envision a conversation embraced by churches and addressed with love;
We envision a society that sees their value and embraces it;
We envision a community that comes together and stands together in support of one another;
We envision a world where an escape is not found within drugs or alcohol;
We envision a world where self-destruction is no longer a escape to be used;
We envision a revolution of LOVE and declare that our stories are not over yet;”

The Trauma Informed Care Committee at the Ancora Open House in October shared information about the Project Semicolon start the conversation about stopping mental health stigma. We want to be a part of the solution and share this mission.

The Trauma Informed Committee is dedicated to spreading the message to the employees and patients of the hospital to present hope to those who are struggling with mental illness, self-harm, suicide, and addiction. This project exemplifies hope and change. To find out more information about Project Semicolon visit: www.projectsemicolon.org

Submitted by: Tricia Giordano, Chairperson
Trauma Informed Care Committee