HOPE HEROES
Standing Strong Together
Mental Health America Lakeshore

MHA Mental Health America Lakeshore

Nominate a Hope Hero

#showingup

Honoring Those Who Bring HOPE to Others

What is the Hope Heroes Award?

The ***Hope Heroes*** Award honors people in our community who show up for others in meaningful ways. These are individuals who bring hope through presence, care, kindness, and steady support. They are often the quiet difference makers who help others feel seen, supported, and less alone.

This award is about community. It is about ***recognizing and honoring the people who remind us that we are not alone in what we carry.*** Every nomination tells a story of how someone showed up, and how that moment created connection and hope.

Why are we doing this?

We believe hope grows through people showing up for one another. In everyday moments, ***someone choosing to listen, stay, support, or care can change everything.***

Hope Heroes is a way to honor those moments and the people behind them. It brings our community together to recognize compassion in action and the impact of simply being there for each other.

What happens after you nominate someone?

All nominations will be thoughtfully reviewed by our team. Selected Hope Heroes will be contacted and honored with a certificate, along with recognition on our social media. They will also be celebrated at our annual There is Hope Suicide Awareness and Prevention Walk, where we lift up the stories that remind us how showing up for one another brings hope and strengthens our community.

Who Should You Nominate?

Individuals who:

- Provide meaningful support
- Offer consistent care and encouragement
- Help others feel valued and seen
- Strengthen the community through their actions
- Bring comfort, courage, or hope to others

How to nominate:

- Share their story: who they are, what they did, how they showed up, and why they are your Hope Hero.
- Submit nominations by scanning the QR code to complete the form online or mailing the form on the back to MHA Lakeshore.

Scan Here to Nominate

HOPE HERO NOMINATION (Mail-In Form)

Nominator Information

Name:

Phone:

Email:

Relationship to Nominee:

Nominee Information

Name of Nominee:

Phone:

Email:

Photo (optional): Include a printed photo with this form

Share Their Story

Who is your Hope Hero?

What do they do to show up for others?

How do their actions create hope, connection, or support?

Anything else you would like us to know about your Hope Hero?

Permission Note

We will contact the nominee directly to share their nomination and request permission before any story or photo is shared publicly.

Submit

Mail completed form to: **Mental Health America Lakeshore**, 410 S Milwaukee St, Plymouth, WI 53073

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Who shows up with hope when it matters most?

Help Us Honor Them