



WELLNESS WEDNESDAY

Local Events and Resources for Support

[HOPE Walk 2025 - City of Spokane, Washington](#)

Saturday, Oct. 18 | 507 N. Howard St., near Riverfront Park

- Prevent Suicide Spokane Coalition hosts this family-friendly event to promote hope, healing, and connection. Activities include yoga, a community walk, remembrances, and resource booths.

[Prevent Suicide Spokane Coalition](#): A group of concerned citizens and professionals providing education, training, and community events to reduce suicide attempts in Spokane County.

[FailSafe for Life](#): A local nonprofit working to end suicide in Spokane by promoting education, hope, and community connection.

[NAMI Spokane](#): A local chapter of the National Alliance on Mental Illness raising awareness and offering support and education for people affected by mental health challenges.

[Frontier Behavioral Health](#): An organization operating a 24/7 regional crisis line for residents of Spokane and surrounding counties who are in distress. You can call them at 1.877.266.1818.

[Spokane Regional Health District](#): Local health experts providing suicide prevention resources, including signs to watch for, and links to local organizations and crisis lines.