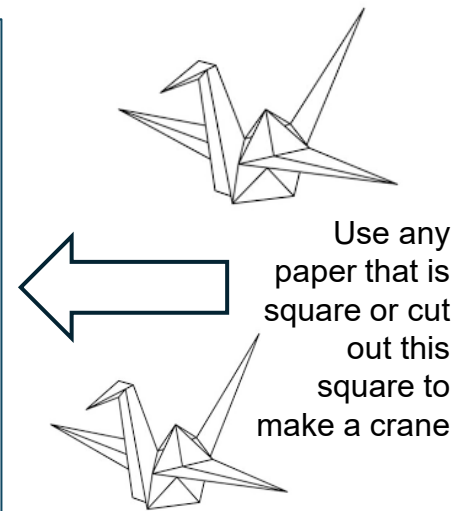


1000 Cranes

In Japan, the crane is a mystical creature and is believed to live for a thousand years.

It is known as a symbol of hope and healing during challenging times.



Use any paper that is square or cut out this square to make a crane

Messages of hope can be written on the paper before folding

See how to make a crane by scanning below



A Message of Hope

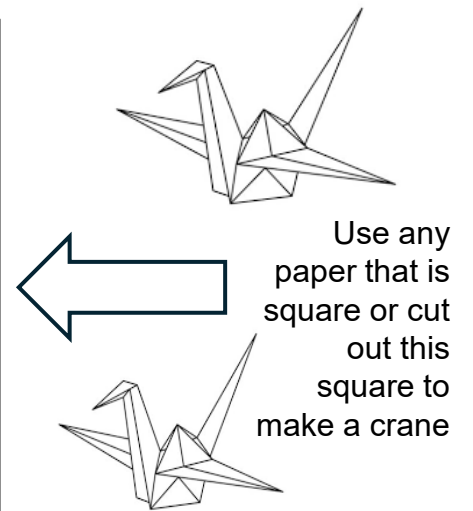
Be a part of a collective effort to share hope and healing! Join together and fold cranes for suicide prevention. Send pictures of your display or donate cranes for an exhibit by 22 Aug 2025. For more information contact the HIANG Directors of Psychological Health: Dr. Yumi K. Panui yumi.panui@us.af.mil /808.286.0258 or Ms. Clara M. Balha clara.balha@us.af.mil / 808.600.4299.



1000 Cranes

In Japan, the crane is a mystical creature and is believed to live for a thousand years.

It is known as a symbol of hope and healing during challenging times.



Messages of hope
can be written on the
paper before folding

See how to make a
crane by
scanning below



A Message of Hope

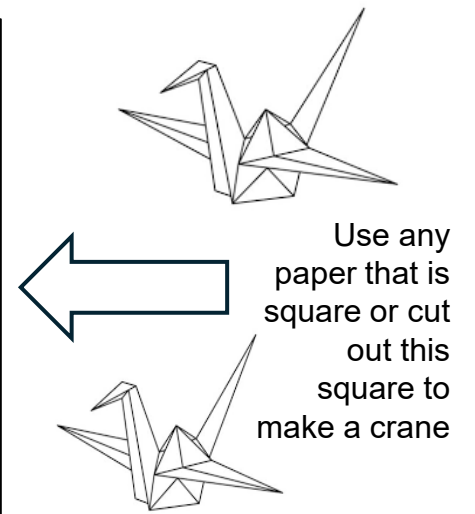
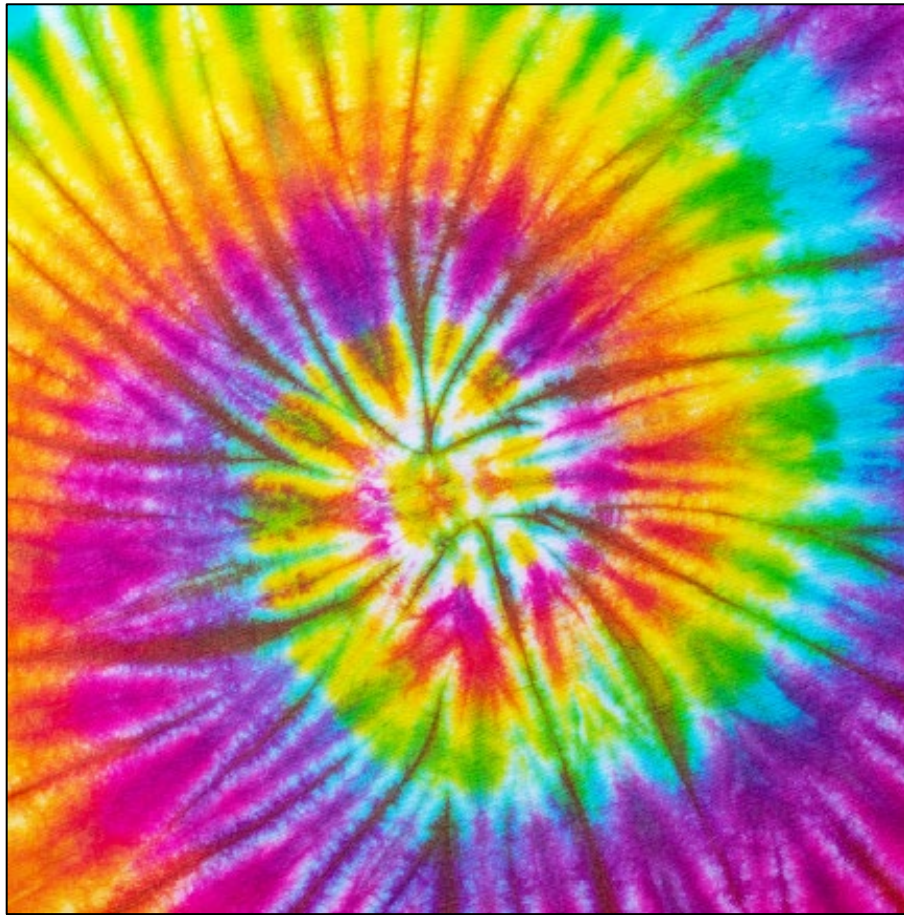
Be a part of a collective effort to share hope and healing! Join together and fold cranes for suicide prevention. Send pictures of your display or donate cranes for an exhibit by 22 Aug 2025. For more information contact the HIANG Directors of Psychological Health: Dr. Yumi K. Panui yumi.panui@us.af.mil / 808.286.0258 or Ms. Clara M. Balha clara.balha@us.af.mil / 808.600.4299.



1000 Cranes

In Japan, the crane is a mystical creature and is believed to live for a thousand years.

It is known as a symbol of hope and healing during challenging times.



Use any paper that is square or cut out this square to make a crane

Messages of hope can be written on the paper before folding

See how to make a crane by scanning below



A Message of Hope

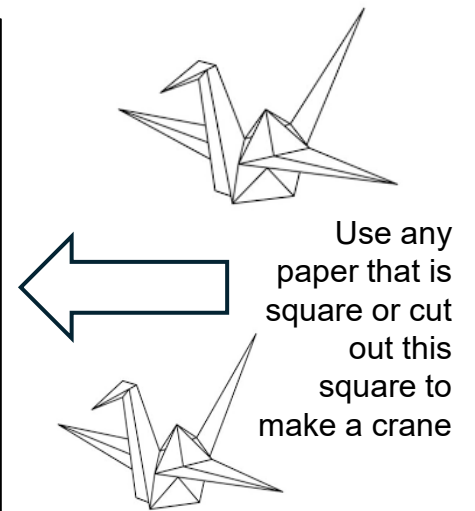
Be a part of a collective effort to share hope and healing! Join together and fold cranes for suicide prevention. Send pictures of your display or donate cranes for an exhibit by 22 Aug 2025. For more information contact the HIANG Directors of Psychological Health: Dr. Yumi K. Panui yumi.panui@us.af.mil /808.286.0258 or Ms. Clara M. Balha clara.balha@us.af.mil / 808.600.4299.



1000 Cranes

In Japan, the crane is a mystical creature and is believed to live for a thousand years.

It is known as a symbol of hope and healing during challenging times.



Use any paper that is square or cut out this square to make a crane

Messages of hope can be written on the paper before folding

See how to make a crane by scanning below



A Message of Hope

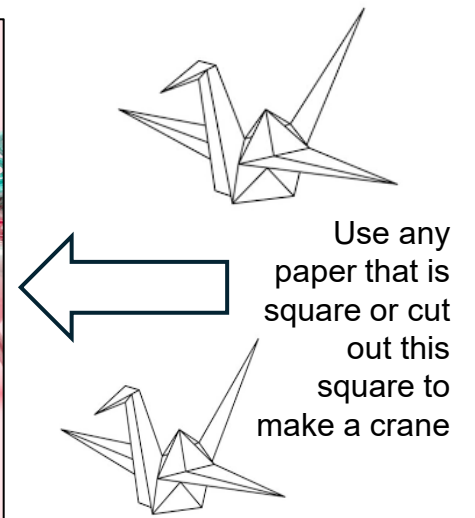
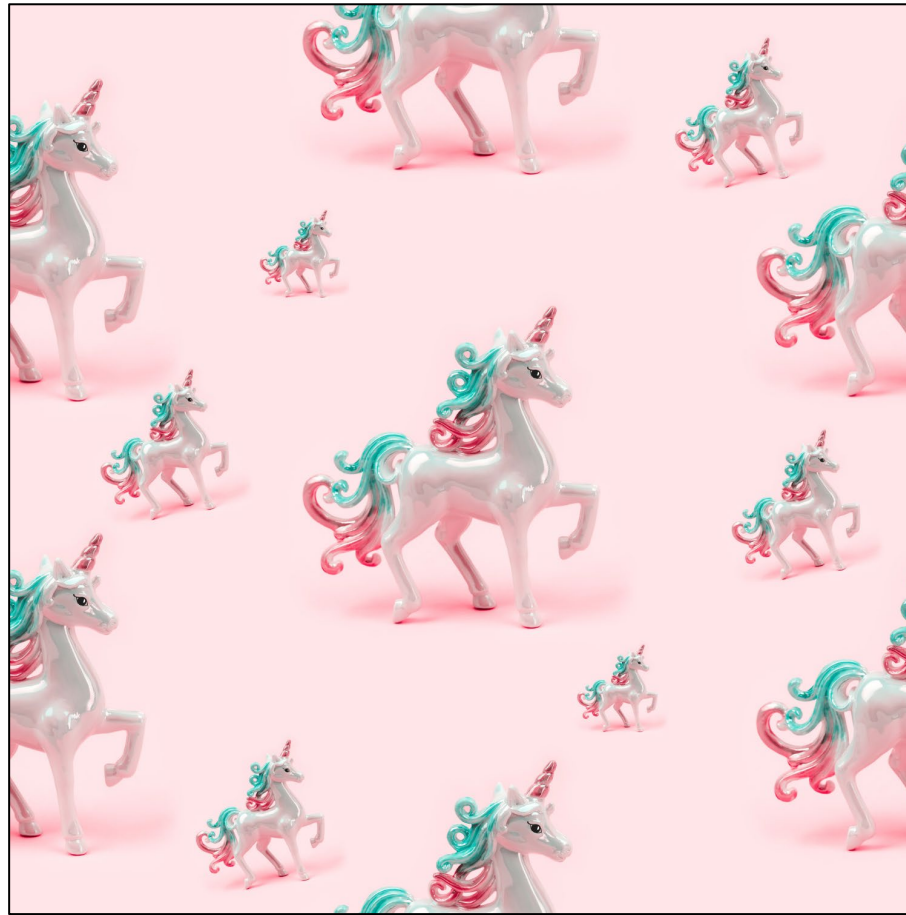
Be a part of a collective effort to share hope and healing! Join together and fold cranes for suicide prevention. Send pictures of your display or donate cranes for an exhibit by 22 Aug 2025. For more information contact the HIANG Directors of Psychological Health: Dr. Yumi K. Panui yumi.panui@us.af.mil / 808.286.0258 or Ms. Clara M. Balha clara.balha@us.af.mil / 808.600.4299.



1000 Cranes

In Japan, the crane is a mystical creature and is believed to live for a thousand years.

It is known as a symbol of hope and healing during challenging times.



**Messages of hope
can be written on the
paper before folding**

**See how to make a
crane by
scanning below**



A Message of Hope

Be a part of a collective effort to share hope and healing! Join together and fold cranes for suicide prevention. Send pictures of your display or donate cranes for an exhibit by 22 Aug 2025. For more information contact the HIANG Directors of Psychological Health: Dr. Yumi K. Panui yumi.panui@us.af.mil /808.286.0258 or Ms. Clara M. Balha clara.balha@us.af.mil / 808.600.4299.

