

IMPACT OF GIVING



CONNECT TO HELP



PRESENT HOPE



CHALLENGE STIGMA



INVEST IN TREATMENT

-
- **\$250** raised allows TWLOHA to distribute over 500 letters of encouragement and support to individuals directly affected by these issues, including those receiving in-patient treatment.
 - **\$500** raised distributes 10,000 FIND HELP pamphlets providing localized mental health resources in cities in the United States, Canada, Australia, and New Zealand.
 - **\$1,000** raised allows TWLOHA to travel to and secure a vendor space at some of the largest music festivals and tours in North America, allowing TWLOHA to engage, educate, and interact with audiences of 80K - 120K people.
 - **\$2,500** raised brings the MOVE curriculum to a community for a two-day conference to empower and educate people about anxiety, depression, addiction, self-injury, eating disorders, and suicide. MOVE is lead by a licensed mental health counselor to challenge the stigma of mental health and equip individuals to become advocates for suicide prevention.
 - **\$5,000** raised allows 50 different people to sit in front of a licensed mental health counselor for the first time in their lives.