



YOU BELIEVE MENTAL HEALTH MATTERS. SO DO WE. JOIN #MILES4MENTALHEALTH TO MAKE A DIFFERENCE

May is Mental Health Awareness Month!

Did you know that 1 in 7 babies will spend time in the NICU?

When babies need the specialized medical attention of a NICU (Neonatal Intensive Care Unit), it is emotionally traumatic to the parents and disruptive to traditional parent-baby bonding. *40% of NICU Parents experience postpartum depression, anxiety disorders and/or PTSD.*

Hand to Hold®, a nonprofit 501(c)3 is uniting with supporters across the US to create awareness and raise funds for our organization's mission, so more **NICU parents can receive emotional support at no cost to the families.**

Join us and *help support NICU families receive free emotional support* by running, walking, crawling, swimming, biking, or skipping during the month of May. #miles4mentalhealth

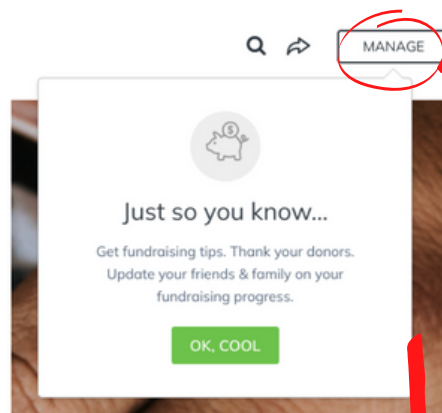
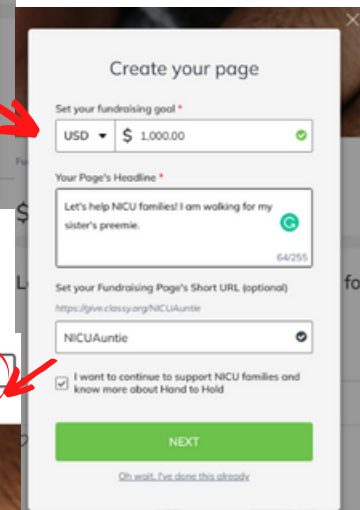
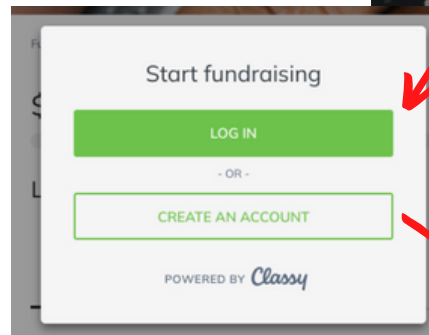
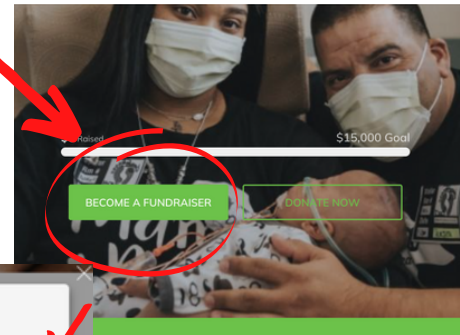
HOW TO SET UP YOUR FUNDRAISER

1. Open give.classy.org/MilesforMentalHealthChallenge and choose "Become a Fundraiser".

2. Click "Create an Account" to get your Classy Login by following the instructions on the pop-up window:

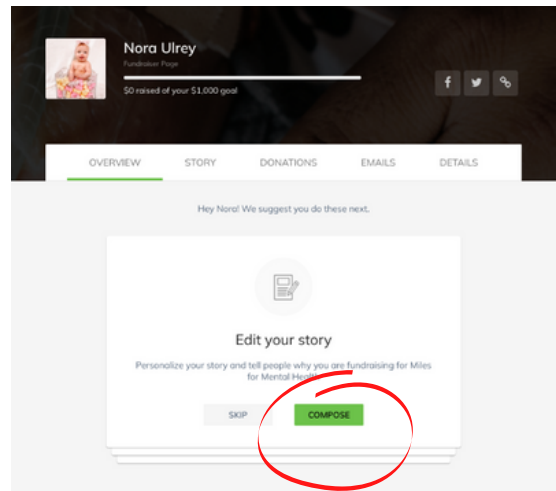
3. After your account is created you will be directed to "Create your Page" and fill out the prompts.

4. Click on the upper right-hand corner on "Manage" and compose your story:



5. Compose your story!

"I'm committing to ___ fitness miles during the month of May in honor of _____. Please help me reach my goal of raising \$1,000 for Hand to Hold."



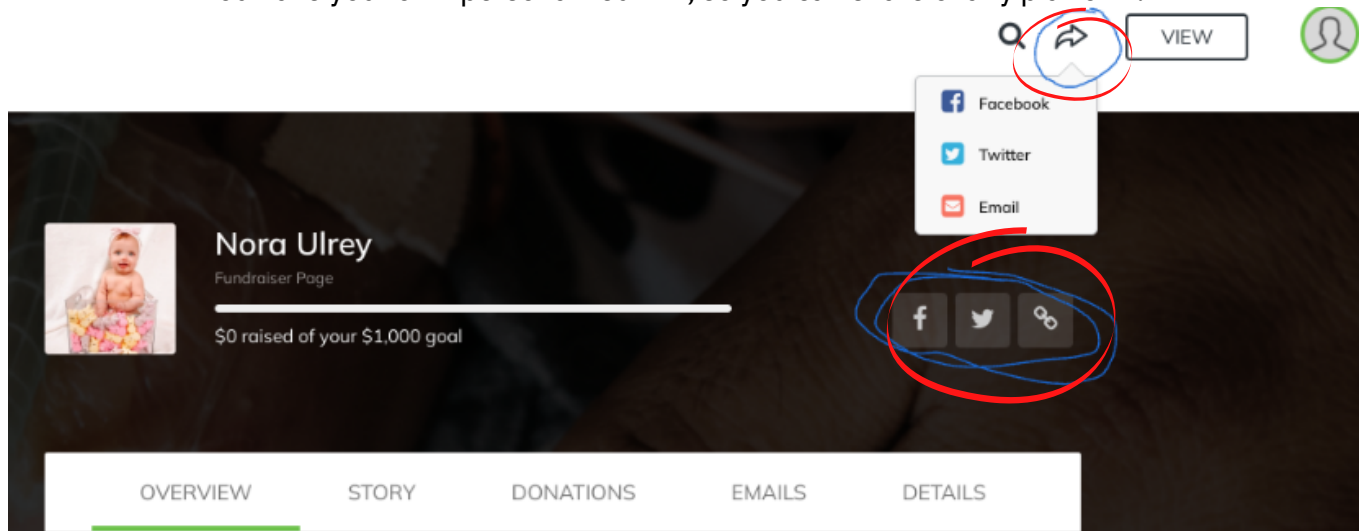
TIP FOR SUCCESS
The more you make this personal to you, the better success you will have with your fundraiser! Your donors want to hear why this is important to you.



**CONGRATULATIONS!
YOU ARE READY TO START FUNDRAISING**



You have your own personalized link, so you can share on any platform!



Sample Text to Post with your pics:

My miles are for Parental Mental Health! #Miles4MentalHealth #handtohold
My miles are in honor of my NICU baby! #mymentalhealthmatters #handtohold #NICU
Miles for NICU parent mental health! #NICU #Miles4MentalHealth
Watch my miles! #Miles4MentalHealth



DOWNLOAD PRE-MADE SOCIAL POSTS HERE

HERE IS HOW YOU TRACK YOUR MILES

Every week you will get an email with link to [this form](#) (don't worry! It also is at the top of your Classy page!) that you can fill out so we can help you track your miles for mental health!



Track your #MilesforMentalHealth

Go, team, go! Fill out the form every time you log miles.

Enter your email: *

Your answer

How many miles did you log today? *

Your answer

Submit Clear form

Don't forget...
Update your supporters, share with your network, to inspire those around you to keep giving by using the "Updates" function on your page!

