



Whitney's Walk for Life

Saturday, July 31, 2021

Dear Friend,

The past 12 months have been incredibly challenging for all. We have faced a great deal of change in both our personal and professional lives and have scrambled to rapidly adjust to a “new normal.” Considering how much we have struggled as adults, imagine what our youth have endured. Children were disconnected from their best friends; adolescents beginning to discover their passions and talents were cut off from socialization; and high school seniors lost the much-anticipated, irreplaceable experiences that come before college.

Mental health is more important than ever before, especially for our youth. When faced with challenges, many adolescents don't know how to change their mindset, where to go to find resources, or how to find positivity and resiliency in difficult circumstances. This leads to many experiencing emotional and mental struggles which affects their academic, social, and family life, as well as their physical and mental well-being.

Before facing this unprecedented, global pandemic, suicide was the third leading cause of death among those ages 15 to 24 and the tenth leading cause of death overall in the United States. Over the past year, major concerns have arisen and it is likely that the rates of suicide will increase. These concerns are based on an increase in higher reported thoughts and behaviors of self-harm among people due to the pandemic, problems accessing mental health services, and the rise in deaths by suicide following the 2003 SARS outbreak. It will take several years before the data will show how the COVID-19 pandemic has impacted mental health, but **we must prioritize suicide prevention now**, particularly for our youth.

That's where Whitney's Walk for Life comes in. Whitney's Walk for Life is an annual event that provides funding for Health Education Specialists and our Licensed Clinical Professional Counselor from Hult Center for Healthy Living to teach suicide prevention programming in our local schools and throughout the community. Our team teaches life-saving information such as the warning signs of suicide, what to do if a student or one of their friends says they're considering self-harm, and the local and national resources available for those who are struggling. These funds have also allowed our team to provide specialized trainings to help build skills among adults who can make an event bigger impact. Last year our team trained medical staff, resident physicians, news reporters, public health workers, teachers and school staff, business owners, and more!

We need your help to continue funding these life-saving programs in this critical time. Please consider becoming a monetary sponsor and help provide our region with our needed mental health education and resources, positive coping strategies, and life-saving suicide prevention. Thank you for your consideration and be well.

Sincerely,

Andrea Parker
Executive Director



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Sponsorship Information

Hope for a Better Future- \$5,000

- Logo on front of registration brochures*
- Logo at top of walk-day t-shirt**
- Logo on Whitney's Walk for Life website
- Premier recognition on walk-day banner

Running Towards Awareness- \$2,500

- Logo on inside of 10,000 registration brochures*
- Logo in primary space of walk-day t-shirt**
- Logo on Whitney's Walk for Life website
- Primary recognition on walk-day banner

Breaking the Stigma- \$1,000

- Logo in secondary space of walk-day t-shirt**
- Logo on Whitney's Walk for Life website
- Secondary recognition on walk-day banner

Speaking Out for Life- \$500

- Logo on walk-day t-shirt**
- Recognition on walk-day banner

Steps to a Brighter Future- \$250

- Recognition on walk-day banner

* **Must commit to by April 30, 2021 to be included on registration brochure.**

** **Must commit to by June 19, 2021 to insure printing inclusion on t-shirts.**

Yes, we will sponsor Whitney's Walk for Life:

Company Name _____ Contact Person _____

Address _____ City/State/Zip _____

Phone _____ Fax _____ Email _____

My Sponsorship is in Memory of _____

Sponsorship Level:

(please select one)

Check (please make check payable to Whitney's Walk for Life)

- Hope for a Better Future- \$5,000
- Running Towards Awareness- \$2,500
- Breaking the Stigma- \$1,000
- Speaking Out for Life- \$500
- Steps to a Brighter Future- \$250

To pay by credit card please call the 309-692-6650
or visit www.whitneyswalk.com