

\$5 DONATION

Support our Wear, Care, Share Campaign. With a \$5 donation, we are able to give someone a t-shirts that will show support and evoke conversation. To date, i understand has given over 16,000 t-shirts away.

\$25 DONATION

This donation will provide a care package to those who have suffered a mental health crisis or to someone who has experienced a loss due to suicide. These packages include the book i understand pain, loss and healing after suicide by Vonnie Woodrick , an information card, pink heart stress ball and more. These care packages are currently distributed through the Michigan Sheriffs' Association Victim Service Units.

\$100 SUPPORT GROUP SPONSOR

Your gift of \$100 will provide twenty individuals the opportunity to attend one of i understand's monthly support groups for free. i understand provides monthly support groups for those who have lost a loved one to death by suicide, caretakers and those who live with mental illness. Our groups are led in collaboration with Mosaic Counseling. Donate today to help sustain these valuable resources!

\$500 COMMUNITY EVENT SPONSOR

By sponsoring at the \$500 level, your support will allow us to continue hosting FREE community events that educate and raise awareness for mental/brainhealth. Your sponsorship will guarantee that 50+ people will be able to participate in an event and benefit from the programming. Past community events have included: yoga, 5k walk/run, stress reduction tai chi, therapy art, dance, educational panel discussion and more.

\$1,000 PINK CRYSTAL HEART SPONSOR

Be a Pink Heart Sponsor. The pink heart represents the unconditional love we have for anyone who suffers from mental illness of those who have lost a loved one to death by suicide. When you sponsor at this level, you support our mission to provide compassionate comfort, enable us to expand our community reach and signify that you want to 'Be the One' for someone when they need it most.