



...Putting the **We** Putting in **Wellness**



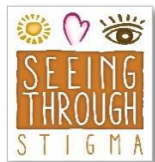
"People with mental health challenges can overcome many obstacles and lead fulfilling, productive lives."



H.O.P.E.
HELPING OUR PEERS EMERGE
From hospitalization to healthy
community integration



"You are inspirational people and positive role models of the community. I appreciate your strength and perseverance."



"Freeing the World of Stigma...
One Story at a Time"



Cardum Harmon Penn,
Executive Director

Dear Friend,

Hello, I'd like to take this opportunity to introduce you to Heart & Soul, Inc. We are here for those who struggle with mental health challenges. Our mission is to create connection, hope and healing through peer support.

WHO WE ARE

Founded in 2005, we are a grass-roots, peer-run mental health nonprofit, supporting San Mateo County's mental wellness community. We are not glamorous, but our work is important. Our small staff, composed of individuals with lived experience of mental health issues, pour their hearts and souls into every outreach effort and wellness class they provide. Heart and Soul's vision is a world where acceptance, inclusion, and dignity is there for those striving toward self-defined mental wellness.

WHAT WE DO

Our organization provides over 7000 program participant visits per year through our Self Help Centers and mental wellness campaign. We offer safe and caring environments for individuals with mental health issues. Our dedicated and passionate staff encourages individuals to engage in their recovery efforts. Since the onset of COVID-19, we realize that access to technology is needed more now than ever. We are doing our best to minimize the gap between the haves and the have-nots by providing access to smartphones and tablets. Whether calling our peer participants on the phone, or connecting with them through our new Total Wellness Club via Zoom and Facebook Live, our dedicated staff are doing their best every day, evening, and weekend to meet the needs of our peer community.

Through one-on-one peer counseling, self-help groups and our highly respected anti-stigma campaign, Seeing Through Stigma, we are changing the conversation from *diagnosis* to *dialogue* and shifting the focus from mental *illness* to mental *resilience*! Through those we serve, we see **Recovery is Real!**

HOW YOU CAN HELP

Mental health issues affect 1 in 4 individuals. Most families are directly affected by someone close to them who suffers from a mental health condition. You probably know people who have in some way been touched by an individual with a mental health challenge, or who might be battling one personally.

DONATE NOW!

*Please consider a donation to help others on their journey toward mental wellness.
Donations big and small are welcome!*

Participant Needs:	Your Donation:
Internet access for a Program Participant	\$30 one time or monthly
Purchase of a tablet for a Program Participant	\$120 one time
Support the cost of one Seeing Through Stigma Panel	\$150 one time
Tablet & one year of internet for a Program Participant	\$480 one time
Food for a Program Participant for a month	\$50
Food for a Program Participant for a year	\$600
Wellness Care Package for a Program Participant	\$20
Sponsor a Seeing Through Stigma Speaker Panel	\$150 one time

We accept both financial and "in-kind" donations. Help us continue to share our message of mental wellness and to create stigma-free environments throughout San Mateo County and beyond!

Thank you,
Cardum Harmon Penn