

UMTR2ME

You Matter To Me™



Dear UMTR2ME Family,
I am happy to announce the re-launch of our semi-annual UMTR2ME newsletter.

While doing some research I read that recent studies indicate newsletters went out back in 2005. However, we believe

newsletters are an important platform for keeping you involved and up to date with what's happening at UMTR2ME.

Speaking of which, our biggest announcement of 2016 has been my decision to leave my full-time corporate job to focus 100% of my time on UMTR2ME and I couldn't be any more excited for the challenges and opportunities that lie ahead.

We want to wish our Social Media Assistant, Holly Andrus all the best as she recently moved to Lund Sweden to attend Lund University where she will be focusing on her graduate studies in Psychology. Holly has been an amazing asset to our team and even though she will still help out remotely, we will miss her.

Many of you were able to join us this past March for a very unique and special Evening of Hope. For the first time in a public platform, I had the honor of sharing the stage with my amazing wife of 20 years, Yvonne.

Together we shared about the challenges we both faced with trying to understand, accept and cope with my mental health challenges through our personal story, "Supporting the Struggle." It was a wonderful opportunity.

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I want each of you to know how important you are, not only to UMTR2ME, but specifically to me. Knowing we have such amazing support and individuals in our family makes me even more excited to see what the next year holds for both the UMTR2ME team as well as for you, our UMTR2ME family.

I hope you have a warm holiday season with your family and friends and I hope you'll consider continuing to support UMTR2ME for the upcoming 2017 year with your holiday giving.

Warmest Regards,

2016 AFSP HOPE TENT

We had such an awesome day hosting this years HOPE Tent at the AFSP Out of the Darkness walk.

We met so many wonderful and amazing people. Some tried their luck at winning one of the 36 HOPE Jars that were hand crafted by the UMTR2ME team.



Many of you wrote encouraging words of inspiration for your friends and family and then posted those notes on the giant HOPE boards in the middle of the event.

Some stopped by to simply say “hi” and just about everyone who visited the HOPE Tent took a photo with the Instagram thought bubbles.



If you attended this year’s event and visited the UMTR2ME HOPE Tent we’d love to get your feedback. Please send an email to us at info@umtr2me.org and share your thoughts.

If you have some photos that you took the event we’d love to see them and give you a shout out. Tag your photos with the following hash tags so we can support you.

#HOPE #UMTR2ME #YOU MATTER TO ME
#STOPSUICIDE #STOPSUICIDESTIGMASELFIE

UMTR2ME WEBSITE

For those who may not be familiar with the UMTR2ME website, we wanted to take a moment to let you know some of the great information that is provided for your use.

Resources (local, national and international)

We are continually adding to and updating the library of resources found on our website. We currently have resources for Addiction Support, Mental Health Support, Self-Injury Support, and Suicide Support. We also are continuing to grow our list of educational articles and videos in addition to expanding our list of licensed therapists and counselors.

Volunteer Opportunities

Whether you are local in our home base of San Diego or located in another part of the country you can be involved with the UMTR2ME team as much as you have time. The on-line application is geared more towards individuals who are wanting to become more involved with UMTR2ME on a deeper level beyond helping with resources events.

1-on-1 Mentor Information and Application

Our 1-on1 mentor program was designed to give those individuals living in our local home base of San Diego an opportunity to request a one on one meeting with a UMTR2ME team member.

These are not counseling sessions and we do not provide any medical advice with regard to treatment or therapy. We simply offer a personal and private environment for you to share your current struggles so together we can get you connected to those who are properly qualified to treat you.

FAQ / Contact

We also have some basic frequently asked questions as well as the ability to contact UMTR2ME with any other questions and or concerns you may have.

For more information we encourage you to visit our website www.umtr2me.org.

2017 BRAIN GAMES SCAVENGER HUNT



Save the date
Saturday March 11, 2017
11:00am to 2:00pm.

Research shows that individuals who actively engage their brains and bodies on a daily basis are more successful at managing their mental wellness and that's exactly why we created this event for you.

The UMTR2ME Brain Games/Scavenger Hunt is designed to get you off your couch and outside to actively enjoy San Diego's beautiful weather and historic Gaslamp district while engaging your brain, having fun and making friends.

We've designed 10 puzzles that you'll not only need to solve but you'll also need to find their location and then photograph the correct answers. We will have registration for individuals and teams of two.

You'll need to have a smart phone and or a tablet with a camera and internet connection so you can use what ever search engine you want to solve the puzzles. You'll also need a mapping app so you can find the location of the correct answer. If you're on a team we suggest that each team member have their own smart device.

You will only be allowed to walk, jog or run to the location of the correct answer. No other means of transportation is allowed to be used and if used you will be disqualified.

While this is currently our only fundraiser registration will be on a donation basis and registration will be required.

Registration details and information can be found at www.umtr2me.org and on the UMTR2ME facebook page as we get closer to the date of the event.

FINDING HOPE IN YOUR HOPELESSNESS

We're so excited to announce that UMTR2ME will begin working our first book project starting next year.

"Finding HOPE In Your Hopelessness," will be a short collection of real stories, from real people, sharing real hope.

We will have several opportunities available to be involved with this project such as editing, artwork, publishing, story contributions and so much more.

If you'd like more details or would like to be a part of this project please send an email to info@umtr2me.org. We look forward to creating a collective team of talent to collaborate on this very special project.

UMTR2ME MISSION

To provide quality local, national and international hope, support, encouragement, education and resources for individuals struggling with depression, mental illness, thoughts of suicide or those who have attempted suicide, in addition to supporting their family and friends through the UMTR2ME website and various social media platforms.

UMTR2ME - YOU MATTER TO ME
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