

UMTR2ME

YOU MATTER TO ME™



This month marks seven years that UMTR2ME-You Matter To Me has been offering hope, support and encouragement to those who have struggled in the past or currently struggle with mental health challenges and or thoughts of suicide.

I've been very fortunate and blessed to have met so many wonderful people through my involvement with UMTR2ME. Some of you immediately come to mind because of the unique relationships we built during your difficult times. Then, there are those who have been champions for UMTR2ME from the first day we launched our organization and who are still by our side.

Like most of you, I also have my own share of ups and downs. Over the course of the last seven years I've had some amazing highs, but I've also had some pretty bottomed out lows. One thing that has kept me going and still does to this day is receiving the support and encouragement I have received from so many of you.

There's no doubt the work being accomplished through UMTR2ME can be mentally taxing at times, but knowing that lives are being changed and even saved, more times than not, is the reward that pushes me onward.

We all go through our own set of unique challenges in life and I am no different. We each have to be willing to accept that we can't be expected to do life alone. We must be willing to reach out and grab a hand or two.

So, I challenge you to grab the hand of a friend or two and join me as we do life together!

You Matter To Me!

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SAN DIEGO BEACH AND BAY HALF MARATHON



This past April UMTR2ME joined Beyond Events as their newest charity beneficiary for the 2018 San Diego Beach and Bay Half Marathon held in Mission Bay. It was a success and we had such an awesome time cheering on so many amazing half-marathoners and 5k runners, while providing some much needed hydration and electrolytes.

This was our first year and even though we didn't get on board until a few months before the event, we were the top charity that raised the most money from runners either using UMTR2ME as their registration code, or by simply giving a straight donation to UMTR2ME through the event.

We're happy to announce that we are already listed on the event website to participate in next year's April 18th 2020 event. We're training very hard to take our hydration handout skills to the next level. We're also gearing up to making an even greater impact at the event. Physical activity is an essential element to maintaining a healthy level of physical and mental wellness. We want to advocate and promote healthy minds through healthy bodies. You can find UMTR2ME, in addition to several other fantastic local charities listed on the event website at [San Diego Beach and Bay Half Marathon](#).

As we get closer to the event we'll begin to promote registration and maybe even a UMTR2ME team. If you're interested in putting together a team or group of runners/walkers you can send an email to events@umtr2me.org for details. If you already know that you will be participating in the San Diego Beach and Bay 1/2 Marathon and 5k, you can register using the code UMTR2ME to receive 20%



NEW OUTREACH KIT

Often times teachers, counselors, therapists, and even employers have a limited opportunity of time in which they can help to make a life changing or life-saving impact in the life of someone struggling with thoughts of suicide. Earlier this year we brainstormed different ways we could partner with these important life influencers to get simple and impactful resources into their hands that would make it easier for them to share the simple, yet powerful message, "You Matter To Me."



This past spring, we launched our newest resource outreach kit, which contains the following items: 25-You Matter To Me Care Cards, 25 Text2Talk cards, 25 #Matter vinyl stickers, and 25 You Matter To Me black silicone bracelets with 7" or 8" options available. We're making this outreach kit available at no cost, however it's only for those who are either a teacher, counselor, therapist or employer. Select the link below to request your complimentary outreach kit today.

[Outreach Kit Request](#)



We want to give a big shout out and thank you to the Eastlake Lion's Club for hosting a fundraising dinner that benefited UMTR2ME. The fundraising event, which was held at Miguel's Cocina in February had over 50 dinner guests and raised over \$780.00 for local suicide awareness and prevention efforts. Unfortunately, there were some members of the Eastlake Lion's Club who have personally experienced the devastating effects of suicide and the vast emptiness it leaves in its wake.

We want to recognize the above and beyond efforts of Brian McIntosh and Shea Ceralde in making this a memorable and successful event. Thank you ELC for your kind and very generous support.

ALTHEA BIO-PHARMA 12TH ANNUAL CHARITY CONNECTION



We spent an awesome afternoon with the Althea employees of Ajinomoto Bio•Pharma services at their 12th annual charity connection event. In May of 2008, Althea proudly hosted their 1st Annual Charity Connection.

The urge for people to volunteer and better their community is strong, but many people just do not know where to start. Group activities tend to make it easier for people to participate, but what kinds of volunteering opportunities are out there?

These factors prompted the idea of the Charity Connection. The original goal of the Charity Connection was to provide Althea's employees with a venue to learn about the countless opportunities to volunteer in the San Diego area. The vision grew to include not only Althea's employees, but the entire San Diego community.

Learn more about Ajinomoto Bio•Pharma services by visiting their website at <https://ajibio-pharma.com>.



TO LEARN MORE ABOUT OUR **TEXT 2 TALK** PROGRAM SELECT THE PHOTO



AMBASSADOR RECOGNITION

PURUJIT CHARTURVEDI - HARYANA, INDIA

We want to take this opportunity to introduce you to our most recent Honorary Ambassador, Purujit Charturvedi.



Purujit lives in Uttar Pradesh, which is the most populous state located in the northern part of India. Purujit is all too familiar with the feelings of isolation that tag along with depression and the delusional thoughts that suicide is the only solution to life's challenges.

Using his life experiences and ability to manage his mental wellness in a healthy way, Purujit has helped to save the lives of several friends.

According to World Health Organization data, India has the 6th highest rate of suicide per capita. So, having positive and mentally balanced peers like Purujit, who are willing to help others is what we strive for. We are very fortunate to have Purujit represent UMTR2ME as an ambassador in India.

A few fun facts about Purujit. He is a self-proclaimed gamer who manages his mental wellness through his love of music and artistic guitar skills, blogging, and participation in sports.

HARLAN SAIZ - CHULA VISTA



Harlan Saiz is no stranger to our team and has been a longtime friend and valuable volunteer in San Diego. Harlan has been by our side as we've hosted the "Hope Tent" at the San Diego American Foundation for Suicide Prevention Out of the Darkness Community Walk for the past 3 years and has been a part of our San Diego Warped Tour team.

At first glance you might label Harlan a rocker because of his long hair, and well, let's just be honest, he looks like a freakin' rock star, right? Well he is. Whether he's playing bass or rhythm he can throw down some serious riffs. But don't let his looks fool you, in addition to being a hardcore fan of Nirvana he also loves Buddy Guy and jamming to jazz and the blues.



When he's not on stage, or working in his mom's dental office, Harlan is busy being the best dad he can be to his two boys. Harlan is an old soul with an amazing heart and we love him. To be completely truthfully the only thing bigger than his heart is his warm smile. We couldn't be more excited to have Harlan represent UMTR2ME as our newest Impact Ambassador. Harlan, you rock, literally!

GLOBAL IMPACT

G-day Mate! As you may know, UMTR2ME has touched and impacted many lives in our home state of California as well as many other states across our country. But did you know the UMTR2ME movement has a global impact as well?

Our global reach starts with our website umtr2me.org, which is available for translation in 102 languages to date because mental health challenges and suicide are not confined to any one ethnicity or nationality and neither is the impact we're striving to make. Just as many people across the globe view umtr2me.org as do in the United States. You Matter To Me bracelets can be found on the wrists of individuals in countries like the UK, Ireland, Italy, India, Mexico, Poland, and now in the land down under of Australia. This past month with shipped our first batch of UMTR2ME bracelets to Australia and we couldn't be more excited to share the simple, yet powerful message, You Matter To Me, with our new Aussie friends.

If you speak a language other than English you can have a little fun by visiting umtr2me.org and try changing the language. Just keep in mind language translations do not apply to videos or content outside of the main website.



SPIRITUAL LIFE AND LEADERSHIP INTERVIEW

In June, UMTR2ME founder, Jimm Greer sat down with Markus Watson for a unique interview on his podcast, Spiritual Life and Leadership. In episode 39, Mental Health and Suicide Prevention, Jimm openly shares how his faith in God has had a major impact in his life up to and including the launch of UMTR2ME-You Matter To Me.

Although Jimm has always been open and willing to talk about his faith and how it has been interwoven with his attempt at suicide and bi-polar diagnosis, this interview is a rare opportunity for many to hear directly from Jimm for the first time.

You can find the link to the 37-minute interview at umtr2me.org as well as on social media platforms or by selecting the link below:

[Episode 39-Mental Health and Suicide Prevention, an interview with Jimm Greer](#)



Spiritual Life and Leadership
Markus Watson

UMTR2ME MISSION

Recognizing the threat of suicide is real and the results permanent, we reach out to people suffering from depression, mental health challenges, and thoughts of suicide. We exist to provide hope, support, and encouragement, within a personal relationship, to the individual as well as their family and friends.

UMTR2ME - YOU MATTER TO ME

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