

# Let's Make Our Future Vibrant Emotional Health

For over 50 years, Vibrant Emotional Health has been at the forefront of promoting emotional wellbeing for all people. We believe that everyone can achieve emotional wellness with the right care and support.

## We Support You

We're advancing mental health access, helping millions each year receive confidential emotional support. If you or someone you know is facing a mental health challenge, we're here for you.

**3.6**   
**Million**

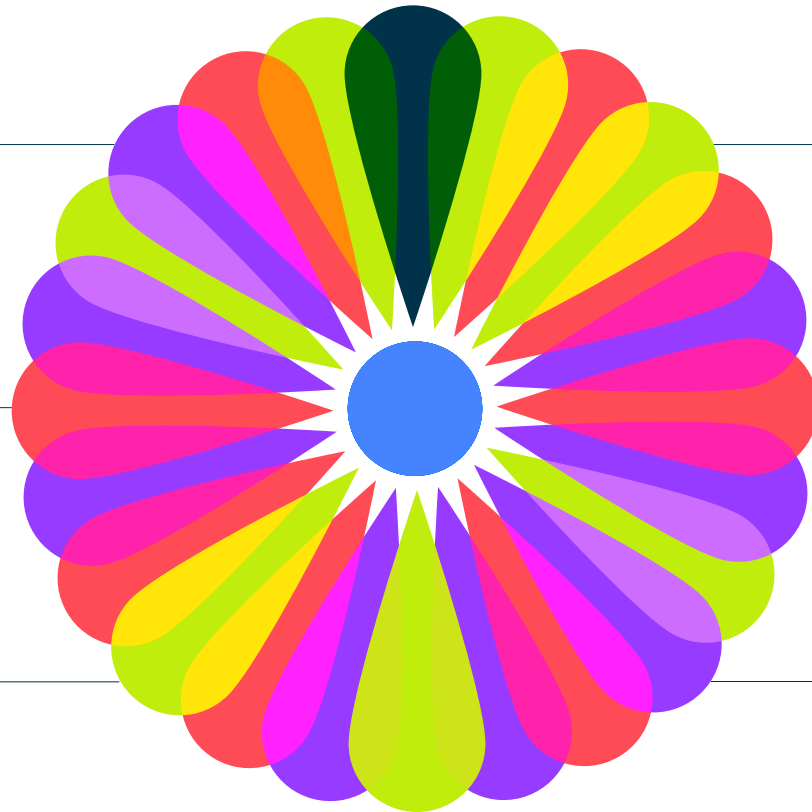
calls, texts, and online chats  
fielded by the National Suicide  
Prevention Lifeline in 2021

 **16,000**

families have received advocacy and  
support through our Family and Youth  
Peer Support Services

 **50+**

years providing lifesaving services,  
advanced technology, and consultation  
to public and private partners



**1,800** 

parents and youth received  
care coordination in 2020

**481** 

frontline and essential workers  
from 63 social and human  
service organizations in New  
York City provided with training  
to support their emotional health  
during COVID

**865%** 

increase in calls to the Disaster  
Distress Helpline received in spring  
2020, during the height of the  
COVID-19 pandemic

Anyone can be an advocate. We invite you to join us on our mission to bring emotional wellness to all. Together, we can weave our mission of hope into homes, schools, workplaces, and communities across the country.

Visit [www.vibrant.org](http://www.vibrant.org) to learn more.

## Become a Volunteer

Make a difference on  
Vibrant's Crisis Emotional  
Care Team as a [volunteer](#).

## Follow Us

Say hello on [Twitter](#),  
[Facebook](#), and [Instagram](#).

## Make a Donation

A single contribution can  
improve a life. [Donate here](#).