

V!brant Together

Hope happens here. Stories of inspiration, innovation, and insight.



Your support of Vibrant Emotional Health means more than just a donation. **Together, we help save lives by ensuring that people in crisis have access to support when, where, and how they need it.** This year has brought its share of challenges and triumphs, but through it all your unwavering dedication to our mission and the people we serve has been nothing short of remarkable.

Together, we are creating a world that values emotional wellness. By fostering a culture of understanding, support, and access to care, we are addressing the crisis head on. Your support of Vibrant ensures that **no one in crisis is alone this holiday season, and every day of the year.** Thank you for making mental health a priority in your giving.

We wish you support and comfort during the upcoming holiday season. Thank you for being a part of the Vibrant Community.

Grab a cup of hot cocoa and read on!

[Joyful Collaborations: Partnerships that Sleigh](#)

[Trading Snow for Sun: Vibrant in Puerto Rico](#)

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Joyful Collaborations: Partnerships that Sleigh

Kicking Off the Holidays: Vibrant and The Old Fashioned Sports Show



Athletes face unique pressures—intense competition, performance expectations, injuries, and the demand for physical and mental resilience. This is why Vibrant is proud to administer the NFL Lifeline.

To shine a spotlight on Men's Mental Health, we partnered with Anwar Richardson and **The Old Fashioned Sports Show** for Movember, a national movement to elevate and recognize Men's health challenges. Anwar featured Damon Watson, Program Director for The Fellowship Initiative, to talk about mental health, suicide prevention, and resources for helping those you love. The partnership raised almost \$5,000 to provide millions with access to care 24/7, 365 days a year.

[Watch the Interview](#)

Emphasizing Care and Community on the National Stage: Vibrant's Dr. Tia Dole on CBS Sunday Morning

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On December 3rd, CBS Sunday Morning featured our very own Dr. Tia Dole, Chief 988 Lifeline Officer, in a discussion about the stigma surrounding suicide and how to access help. Dr. Dole put part of the blame for rising suicide rates on the epidemic of loneliness; "People in this country are really struggling with isolation, with sadness, with anxiety, and suicide is an option for them." Last year, 988's trained counselors answered five million calls from people in crisis. When asked about the gratification of saving lives, Dole replied "Oh, no, people save their own lives. They are given tools by the counselors, and they make the decision to save themselves." Vibrant is very proud to be the administrator of 988, and continues to seek opportunities to expand emotional care for all people in this country through advocacy.

[Watch CBS Sunday Morning](#)

[Donate to Support Vibrant Programs](#)

[Trading Snow for Sun: Vibrant in Puerto Rico](#)

[**Marching Merrily: Linea Pas participates in Parade**](#)



On November 19th, Puerto Rico's 988 system Linea Pas participated in the island's inaugural "Carrera de los Trineos de Santa," a Santa bob sled race with a Caribbean twist to benefit the Therapy and Family Counseling foundation. This year's campaign aimed to raise awareness about sexual abuse and empower the community to prevent child sexual abuse. Of the 32 participants, Linea Pas came in 8th in the fun family event under the theme of mental health, suicide prevention, and abuse.

[Learn More about Linea Pas in Puerto Rico](#)

Vibrant Employees Attend SOMOS in Puerto Rico

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Somos Puerto Rico

Vibrant Attendees:

- Kimberly Williams, President and CEO
- Erika Matallana, Vice President of Marketing and Communications
- Shelley Polanco, State Policy Manager
- Jessica Gillota, Vice President of Development
- Jeremiah Cedeño, Program Manager for Equity and Belonging

Vibrant attended the [Somos Puerto Rico Conference](#) from November 8th-12th! We were thrilled to sponsor this event to unite the Latino community, raise awareness, and elevate social consciousness on public policy in collaboration with the New York State Assembly/Senate Puerto Rican & Hispanic Task Force. Along with attending various workshops hosted by New York State elected officials and participating in several panels on behalf of Vibrant, our group visited our Puerto Rico call center, Linea Pas.

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**'Tis the Season to Celebrate:
Marking Moments of Togetherness**



We are grateful to the Vibrant community for uplifting mental health as a priority and volunteering their time to make an impact in the lives of others. Vibrant offers customized **Corporate Social Responsibility (CSR) partnerships** that include wellness workshops and/or hands-on volunteer experiences. We offer opportunities for your teams to learn and give back at the same time; sessions can be tailored to focus on DEIB initiatives, giving back to the community, and improving emotional well-being at the workplace and beyond.

Email Us!

We recently completed a third Volunteer Sponsorship with S & P Global! Throughout the events, participants enjoyed wellness training, enjoyed exercises for staying balanced, packed care kits, and wrote notes of encouragement for youth in our NYC Adolescent Skills Centers.



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Reaching Snow-Capped Peaks: Vibrant's Shining Bright

Decking New Halls: Vibrant moves to 80 Pine

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Find Vibrant at 80 Pine! The new office on the 18th and 19th floors of 80 Pine Street represents a significant milestone for our organization, allowing Vibrant to provide the best work environment for our employees to continue making a powerful impact. Our new state-of-the-art space is not just an office; it's a testament to our commitment to creating an environment that fosters creativity, collaboration, and well-being.

80 Pine Street, 19th Floor, New York, NY, 10005

Donors Make a Difference



As we celebrate this holiday season, let's also extend a hand to those that are struggling. **Your gift is more than a donation; it's a lifeline for those in crisis.**

Together, we are helping save lives by ensuring that every person in crisis has access to support when, where, and how they need it. Your contribution helps foster understanding, strengthen support, and expand resources ensuring care with dignity and respect is accessible for all. When we say all, we mean all.

We wish you support and comfort during the holiday season. Thank you for being a part of the Vibrant Community.

Ways to give this holiday season:

- Give a [tax-deductible donation](#). Charitable gifts to Vibrant Emotional Health help to ensure everyone can achieve mental well-being with dignity and respect. Together, we can transform lives and strengthen communities across the country.
- Create a [Facebook](#) or Instagram fundraiser for Vibrant Emotional Health.
- Volunteer with our youth programs and support the next generation. Does your company provide employee engagement and volunteer opportunities? Connect with us to explore Diversity, Equity, Inclusion, and Belonging (DEIB) and CSR volunteer experiences by emailing us at development@vibrant.org.
- Advocate for policy that prioritizes and invests in mental health! Join our advocacy newsletter [here](#).
- Pedal away on a beautiful beach cruiser from [Priority Bikes!](#)

Vibrant in the News

[President and CEO Kimberly Williams Makes NYPolitics' Power Players in HealthCare List](#)

NYPolitics

["Best HealthCare Content for the 988 Suicide Crisis Lifeline Crisis Conversations on Chat and Text"](#)

eHealthcare Leadership Awards

["Best Rich Media for the 988 Training in Fundamentals of Crisis Counseling"](#)

eHealthcare Leadership Awards

["Struggling with your mental health during the holidays? 988 is an option"](#)

Nexstar Media

["Eliminating the stigma surrounding suicide"](#)

CBS News

["How to support loved ones grieving a loss from suicide"](#)

CBS News

["We will heal together': People can call, text 988 if they need help after Maine mass shooting"](#)

MassLive.com

["Caring for Yourself: Learning to Live with a Substance Use Disorder"](#)

Behavioral Health News

["Those Most in Need of the 988 Lifeline Are Aware of It, Survey Shows"](#)

U.S. News & World Report

["How the 988 Hotline Really Works — Plus, What's Being Done to Better Support Callers"](#)

POPSUGAR

["The Trevor Project Extends 988 Crisis Line Partnership to Support Vulnerable LGBTQ+ Youth"](#)

Advocate

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Let's get social!



Did you know Vibrant has earned the 2023 Gold Seal of Transparency on GuideStar? Check out our nonprofit profile by clicking on the seal below.



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