

V!brant Together

Stories of inspiration, innovation and insight.



Vibrant Emotional Health was founded as a grassroots organization in 1969 to respond to the unmet social-emotional needs of New York City residents. Fast-forward to today, **we are a leading national nonprofit making mental and well-being support accessible to all people when, where, and how they need it. See what our evolution looks like in this video:**

As we celebrate 55 years of creating positive change, we thank you for being part of this Vibrant community. Because of your support, we are able to deliver high-quality services and advocate for mental health awareness, education, and programming to millions each year. **Our 20 national and local programs reach 3+ million people each year. In addition, since July 2022 when 988 launched, we have routed more than 9.1 million calls, texts, and chats from helpseekers to crisis care.**

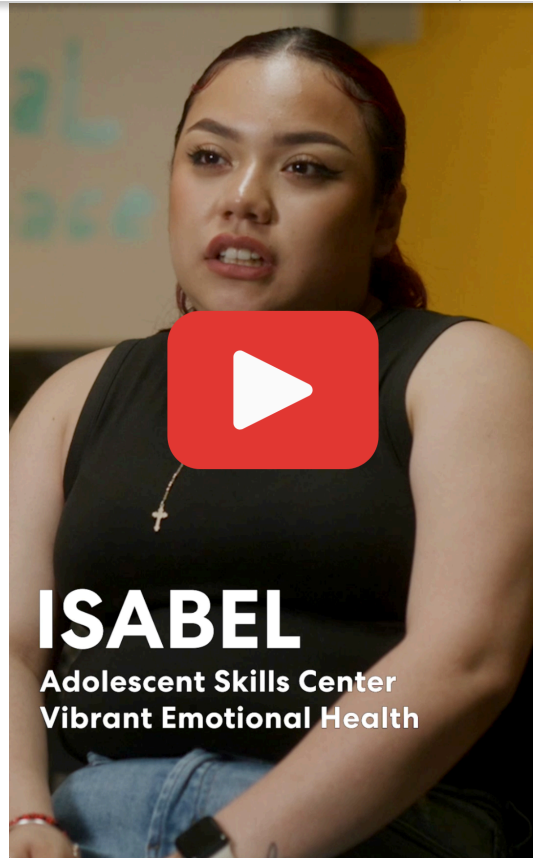
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scalable solutions to millions of Americans.

Thank you for being an integral part of the Vibrant community that is bringing emotional wellness to millions each year. **Together, we will create a world where every individual, family, and community can achieve mental and emotional well-being with dignity and respect.**



Spring into April:

[Vibrant Emotional Health's 2023 Annual Report](#)

[Miles for Smiles: Racing to Raise Funds for Mental Wellness](#)

[Are you ready to join the movement?](#)

[Cigna Awards \\$100,000 Grant to Further Suicide Prevention Among LGBTQI+ Youth in Queens](#)

[Vibrant Launches Public Policy & Government Affairs Website](#)

[Developing A System of Care: Vibrant's Equity and Belonging Team Shines at 988 Equity Convening](#)

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Vibrant Emotional Health 2023 Annual Report



Vibrant Emotional Health is proud to share its latest Annual Report with you! In the 2023 fiscal year, Vibrant expanded its impact and reach with the launch of the 988 Suicide & Crisis Lifeline and saw the growth of other programs, all aiming to bring mental and emotional well-being to all when, where, and how they need it. With a crystal-clear 3-year strategic plan and committed team, Vibrant is providing hope to more people, families, and communities than ever before. And we could not be more grateful for the support of people like you on this journey toward emotional wellness for all. Dive into the report to explore what we accomplished together!

[Read the Report](#)

[Miles for Smiles: Racing to Raise Funds for Mental Wellness](#)

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worldwide pandemic that followed. Since then, he has logged nearly 10,000 miles, finding solace, challenge, and freedom in each stride. Tragically, Nick's cousin, Daniel Bachman, lost his life to suicide in February 2022. **Nick dedicated his participation in the 2024 Badwater Cape Fear Ultra Race on Bald Head Island, North Carolina, to honor Daniel and all those battling mental health issues.**



With the support of friends and family, Nick raised nearly **\$3,000 for Vibrant's suicide prevention efforts**. Running nearly 52 miles, with 40 miles of the race on the beach, presented its challenges, but Nick's determination and resilience propelled him forward. As he crossed the finish line, Nick felt a sense of pride, knowing that Daniel would have been proud of his accomplishment.

While Nick may take a well-deserved break from running, our work to reduce stigma and provide resources to those in need never stops. We are so grateful and appreciative of his dedication and support, which truly inspire us. Congratulations to Nick on his remarkable achievement!

Are you ready to join the movement?



Join Vibrant in revolutionizing mental health awareness! Throughout May, National Mental Health Awareness Month, we're igniting conversations, breaking down stigma, and

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By moving your body in some way every day and rallying your community to support Vibrant's vital programs, you'll be part of a movement that empowers individuals and fosters connection in communities. **Together, let's continue championing mental well-being and creating a brighter future where everyone can achieve mental and emotional well-being with dignity and respect. Join us today!**

Ways to Participate:

1. Join our Facebook Group and find community with gentle accountability and support as you commit to yourself and the mission. [Use this toolkit](#) to start a Facebook fundraiser!
2. Get your organization or group to commit. [Create your own team](#) fundraising page in Classy or [join someone else's](#) and track your progress in raising funds with your colleagues.
3. Follow on social media for movement tips, inspiration, and to share the message about emotional wellness for all. @Vibrantforall on [Instagram](#), [Twitter](#), and [TikTok](#) and Vibrant Emotional Health on [Facebook](#), [LinkedIn](#), and [Youtube](#)!
4. Donate to help us deliver services to individuals and families nationwide when, where, and how they need it.
5. Post about how movement helps your mental health! Use our [social media toolkit](#) to share your passion for mental health.

Thank you for being part of the Vibrant community. Join the challenge today and we will create a world where every individual, family, and community can achieve mental and emotional well-being with dignity and respect.

Join the Movement

[Cigna Awards \\$100,000 Grant to Further Suicide Prevention Among LGBTQI+ Youth in Queens](#)

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We are proud to announce that Vibrant has been awarded a grant of **\$100,000 from The Cigna Group Foundation to expand suicide prevention initiatives targeting LGBTQI+ youth in Queens, NY**. The grant will specifically support the implementation of the Queens Affirming Youth and Family Alliance program, aimed at offering crucial support to LGBTQI+ youth and their families, with a focus on individuals who identify as BIPOC and those experiencing significant physical, behavioral, or psychological health conditions. Through collaborative efforts with community partners and stakeholders, the program aims to create a safe and inclusive space for LGBTQI+ youth and their families in Queens.

[Vibrant Launches Public Policy & Government Affairs Website](#)

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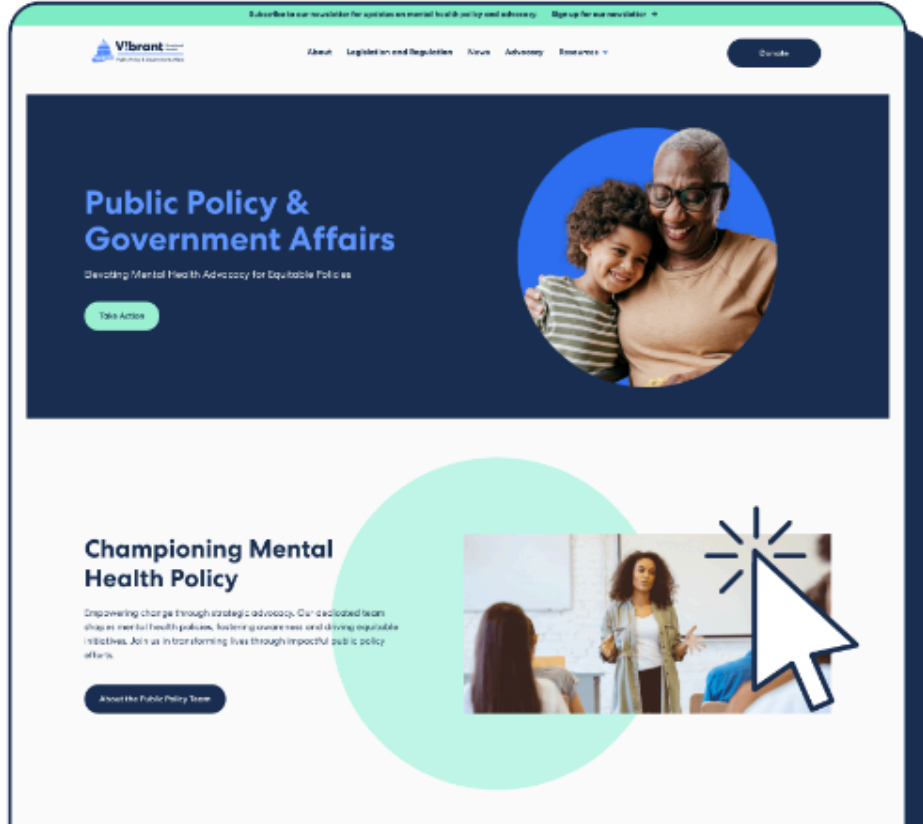
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Vibrant's Public Policy & Government Affairs MICROSITE

publicpolicy.vibrant.org



Vibrant's Public Policy & Government Affairs (PPGA) team has launched a website!

Accessible at PublicPolicy.vibrant.org, this platform empowers advocates, policymakers, and the general public with resources and information to drive positive change in mental health policy. By providing stakeholders with the online resources and support they need, we can collectively advocate for policies that prioritize mental wellness and create a more supportive and equitable environment for those in need.

[Learn More](#)

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Developing A System of Care: Vibrant's Equity and Belonging Team Shines at 988 Equity Convening



Join us in celebrating the success of the recent 988 Equity Convening: Journey to Embed Equity in Your 988 and Crisis Response System, spearheaded by Vibrant in mid-March. Our Equity and Belonging team members, Jeremiah Cedeno and Johnell Lawrence, led the dynamic panel discussion *The Impacts of a Community Center Approach: A System of Care*, alongside esteemed guests Dr. House, engagement & equity officer for the 988 & BHCCO, OAS, and Laura Horne, chief program officer at Active Minds. Additionally, Natalie Payne, training coordinator of Vibrant delivered an insightful breakout session focused on embedding equity when supporting LGBTQIA+ community members. This event underscores our unwavering commitment to equity and inclusivity in all aspects of mental health support and we are so proud of our team for their ongoing excellence.

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Has Vibrant Emotional Health made a positive impact on your life? We want to hear from you!

Whether it's a moment of clarity from a counseling session, a meaningful phone conversation during a crisis, or a supportive community that lifted you up during tough times, your experiences matter and have the power to inspire others who may be facing similar challenges.

By sharing your journey, together we can spread hope, resilience, and healing to individuals across the country.

Send us your story today and let your voice be heard. Thank you for being a part of the Vibrant community.

Share Your Story

Vibrant in the News

["Hope is on the other line: 988 Suicide and Crisis Lifeline"](#)

BlueToad

["988 mental health crisis calls may soon be routed based on location rather than area code"](#)

CNN Health

["FCC considers rule change to make 988 suicide hotline more accessible"](#)

Scripps News

["Help is always available at 988 Suicide & Crisis Lifeline"](#)

vtDigger

["988 Lifeline now available 24/7"](#)

The Sun

["Cruises see a fair amount of overboard incidents: Are ships equipped?"](#)

USA Today



Let's get social!

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Vibrant

Emotional Health

Did you know Vibrant has earned the 2024 Gold Seal of Transparency on GuideStar? Check out our nonprofit profile by clicking on the seal below.



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