



Heartman

CHARITY GUIDE



MENTAL HEALTH AMERICA

Mental Health America is the nation's leading community-based non-profit dedicated to helping all Americans achieve wellness by promoting living mentally healthier lives. Their programs aim to

promote overall wellness by taking a prevention-based approach - a philosophy they call Before Stage 4 (B4Stage4) - that identifies mental illnesses at the beginning stages. MHA works in three key areas to support for mental wellness: policy and advocacy, education and outreach, and information and referral services. By utilizing all of these methods, MHA leads the nation in mental health advocacy and improving the lives of Americans living with mental illness.



THE STATISTICS

1 IN 5

Americans experience mental illness at some point in their lives

10 MILLION

American adults live with serious mental illness

41%

of adults in the U.S. with a mental health condition receive treatment

G I R L U P

There's a reason they say the future is female: empowering and educating young girls transforms communities and uplifts society as a whole. Led by nearly half a million advocates, Girl Up is the United Nation Foundation's adolescent girl campaign that focuses on raising awareness and funds to empower girls living in places where it is hardest to be a girl. Since their launch in 2010, Girl Up has partnered with the United Nations to support programs that give adolescent girls in developing countries an equal chance for education, health, social and economic opportunities, and a life free from violence. Girl Up focuses on 5 key areas that they identify as the biggest priorities to advance the rights of adolescent girls: education, health, safety, leadership, and documentation. Girls really do hold the key to future, and empowering them is vital to global improvement.

50%

of all sexual assaults worldwide are against girls 15 or younger



75%

of HIV-infected youth between the ages of 15-24 are girls



1 IN 7

girls in developing countries is married before the age of 15

If all women had a primary school education:

66%

reduction in maternal death rates



1.7
MILLION

number of children who would be saved from stunting due to malnutrition



15%

fewer child deaths

E A R T H J U S T I C E

As the nation's original and largest non profit environmental law agency, Earthjustice has been fighting to protect the planet for decades. With a mission to ensure a clean and health earth for all inhabitants, Earthjustice has been the legal backbone for thousands or organizations, both large and small. Earthjustice focuses on three key goals across their offices across the world: the wild, health communities, and clean energy & climate change.



THE WILD

Earthjustice fights to enforce our nation's laws that protect natural spaces and wildlife that we have inherited from generations before us. In protecting these laws, Earthjustice aims to preserve these irreplaceable natural spaces for not only ourselves, but future generations.

COMMUNITIES

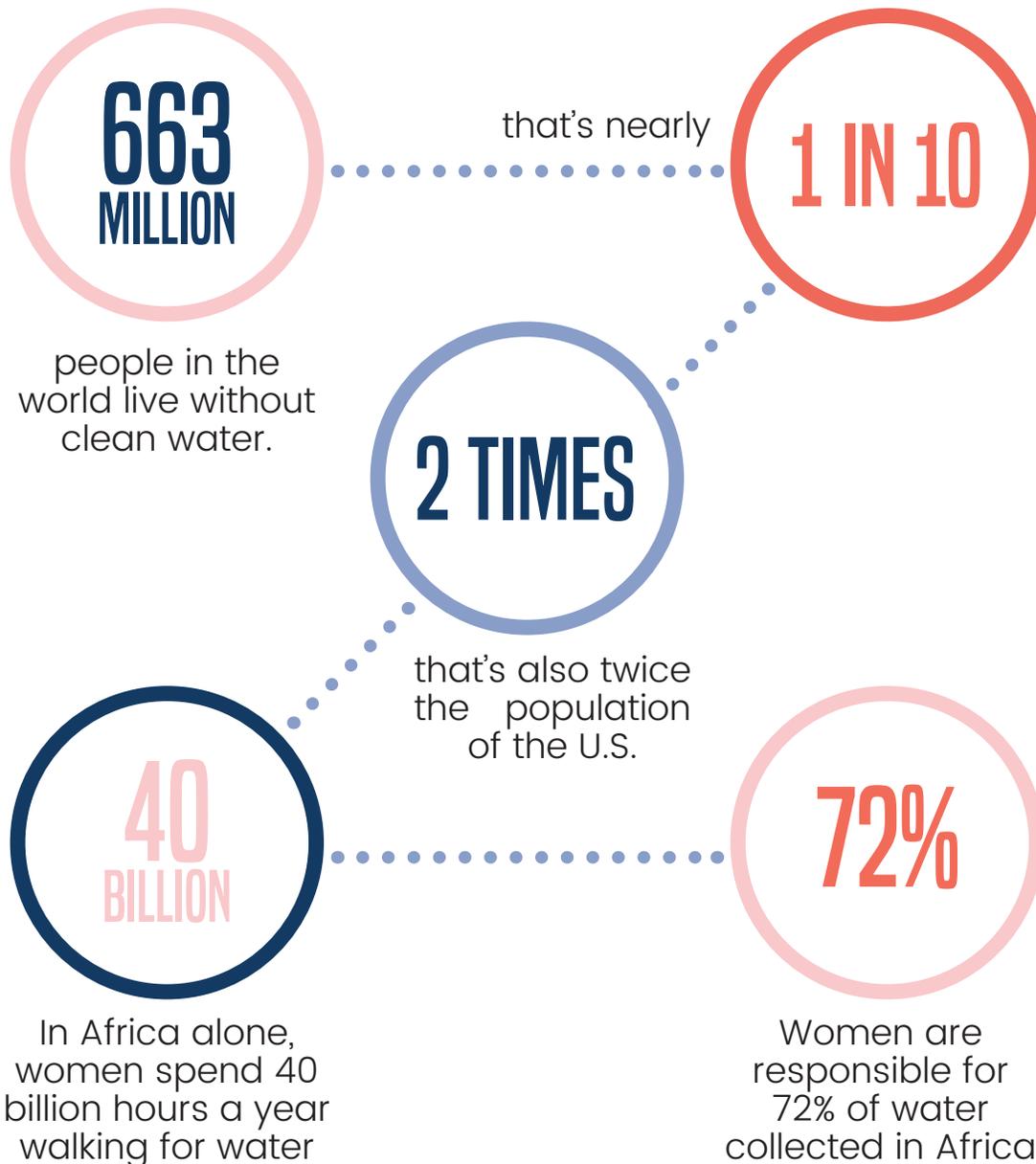
In protecting our communities, Earthjustice fights for a future where children can breathe clean air; a world free from harmful, toxic products; and communities that are healthier and safer to live and work.

CLIMATE CHANGE

With the increasing detrimental effects of climate change threatening our planet, Earthjustice's legal victories in fighting for clean energy lays the groundwork for the change needed to ensure our planet's survival.

CHARITY: WATER

charity: water is a non-profit organization bringing clean and safe drinking water to people in developing countries. charity: water uses 100% of donations from public donations to fund water projects in 24 countries around the globe. By providing sustainable, long-lasting solutions, charity: water ensures that communities have access to clean water for years to come.



H U M A N E S O C I E T Y

Areas of
focus:

ANIMAL CRUELTY

Pushing countries to ban dogfighting and other malicious animal cruelty practices.

FARM ANIMALS

Working with the biggest names in the food industry to shut down inhumane conditions for farm animals.

The Humane Society of the United States is the nation's most effective and largest animal protection agency that aims to create a humane world for all living creatures, animals and humans alike. The Humane Society and their affiliates provide care to over 100,000 animals over the course of the year - more than any other animal welfare organization. From small-scale rescues to global cruelties, the humane society drives for national and world-wide transformational change by combating cruelties such as puppy mills, animal fighting, factory farming, wildlife trade, and more. Their biggest goal is to prevent animals from getting into situations that endanger them in the first place, and they work on national and international projects that smaller rescues don't have the resources to take on.

PETS IN POVERTY

Building networks in communities where pet owners don't have access to proper care

SCIENCE WITHOUT SUFFERING

Pushing for bans on animal testing

WILDLIFE

Researching solutions for human-wildlife conflicts

HEADSTRONG PROJECT

Founded by a veteran of the U.S. Marine Corps, the Headstrong Project's mission is to provide cost-free, stigma-free comprehensive mental health care services to post-9/11 veterans dealing with the

psychological stress of war. In partnership with Weill Cornell Medical College, the Headstrong Project works with top clinicians to develop a comprehensive treatment program for PTSD, Military Sexual Trauma, addiction, anxiety and depression, trauma, grief and loss, and anger management. By providing cost-free assistance, the Headstrong Project enables veterans to get the care needed to make a successful transition home.



THE STATISTICS

50%

of returning veterans who need mental health treatment receive services.

20%

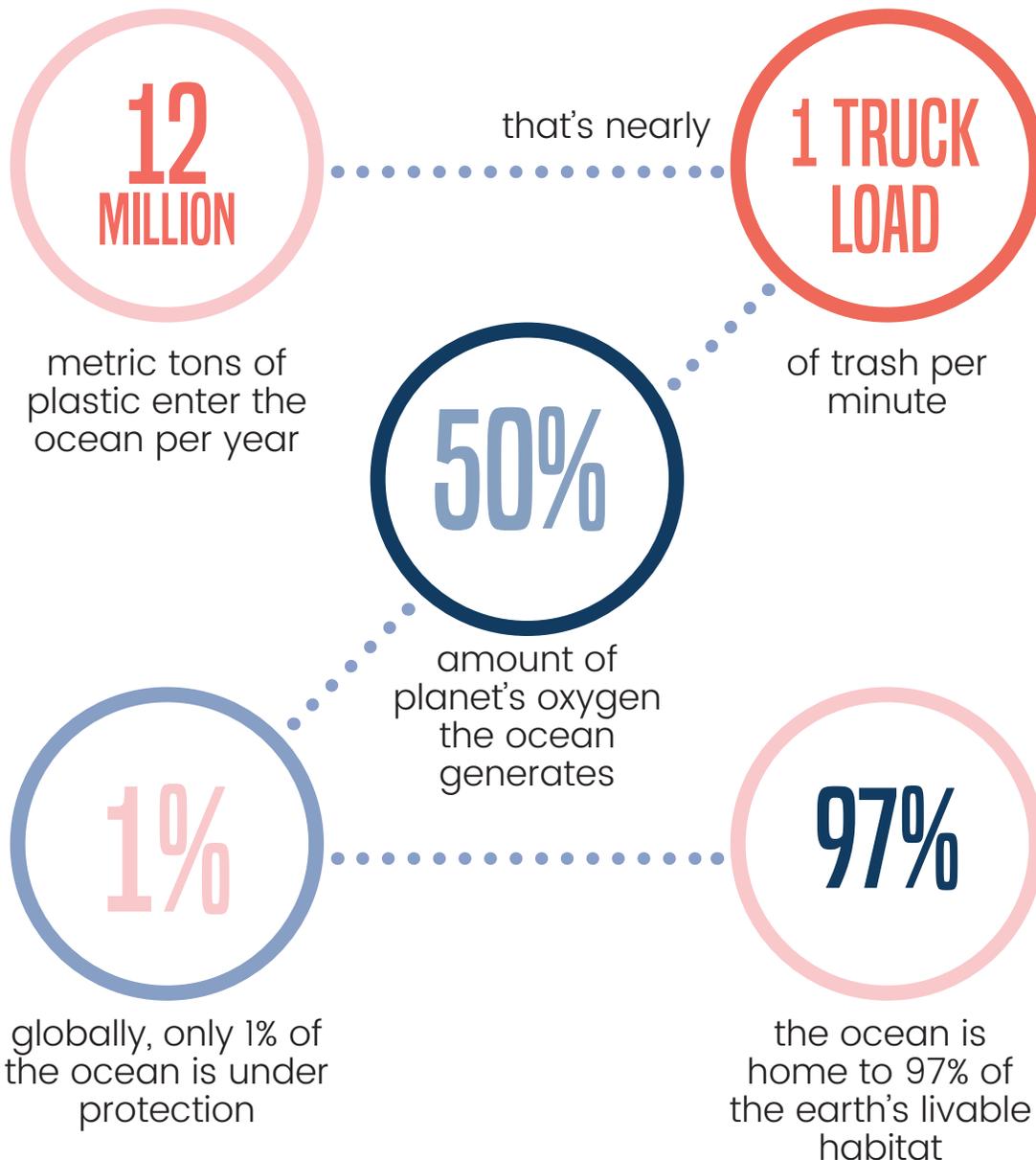
of veterans from the Afghanistan and Iraq wars suffer from depression or PTSD

33%

of adult homeless men have served in the armed forces

OCEAN CONSERVANCY

Ocean Conservancy is working to find science-based solutions to protect the oceans from the biggest global challenges. They focus on long-term solutions that promote healthy oceans, abundant wildlife, and thriving coastal communities. From the Arctic to the Gulf of Mexico, Ocean Conservancy works to defend vital ecosystems, protect legislation, and hold leaders and legislators accountable for policies they support.



HUMAN RIGHTS CAMPAIGN

With over 3 million members and supporters nationwide, the Human Rights Campaign is the largest civil rights organization working to achieve equality for the LGBTQ community in the United States. The HRC works to increase understanding of the LGBTQ community and promoting policies and practices that are LGBTQ-inclusive. Through various programs and projects, the Human Rights Campaign builds support for the LGBTQ community among families, friends, co-workers, employers, and the general public.

42%

of LGBTQ youth say the community they live in is unaccepting of LGBTQ people

2X

LGBTQ youth are twice as likely to say they have been physically assaulted

92%

of LGBTQ youth report hearing negative message about being LGBTQ

40%

of transgender adults reported having made a suicide attempt

5X

LGB youth are five as likely to attempt suicide as heterosexual youth

40%

of homeless youth identify as lesbian, gay, bisexual, or transgender

FOR MORE INFORMATION

For more information on the charities we support, you can check out their websites listed, below:

www.mentalhealthamerica.net

www.girlup.org

www.earthjustice.org

www.charitywater.org

www.humanesociety.org

www.getheadstrong.org

www.oceanconservancy.org

www.hrc.org