



December 1, 2020

Dear Friends and Family of SPS,

There truly is so much to be thankful for even as we look back at the impact that COVID-19 had on our families, friends, and the world. When you change the way you look at things the things we look at change.

Who would have guessed that we would become closer to our families as we practiced social distancing? Was getting into shape a priority prior to the lock down? And, how about the new cooking skills we developed and shared while being isolated?

Unfortunately, the new connections and skills we found have come at a cost for the mental health of many fellow Americans. Suicide Prevention Services saw an increase of 20% with inbound phone calls to our hotline. The number of people volunteering to take training for the hotline increased during this time. To continue to offer training and workshops during social distancing, SPS gained the tools to do so virtually. The schools that we supported found an increase in the number of cases for mental health issues. Our therapist introduced and adjusted to counseling virtually as the number of counseling request rose dramatically.

Today more than ever we need your help to keep up the increased demand for our services. Our annual Walk for Life went virtual while our 5K, our Harvest for Hope and our Santa for SPS had to be canceled. This left a large gap that we need to fill. Because of your support we have helped provide another sunrise to so many people giving them the privilege to enjoy this holiday season with their families. Your support is making a difference and we are forever grateful for all that you continue to donate to SPS.

So, this Holiday season as you finish up your workout or perfect a new recipe, we ask that as make plans to donate for a cause that you please consider Suicide Prevention Services. If you've already supported another organization, we thank you for your spirit of giving and hope that you will please consider us in 2021.

They say that you may only be one person in the world, but you can be the world to one person. Together with your generous support Suicide Prevention Services will be there for your loved ones and our community so that we will always be "Here for Life!"

Sincerely,

A handwritten signature in blue ink that reads "Stephanie".

Stephanie Weber

Executive Director

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Please light a luminary in memory of my loved one: \_\_\_\_\_

