

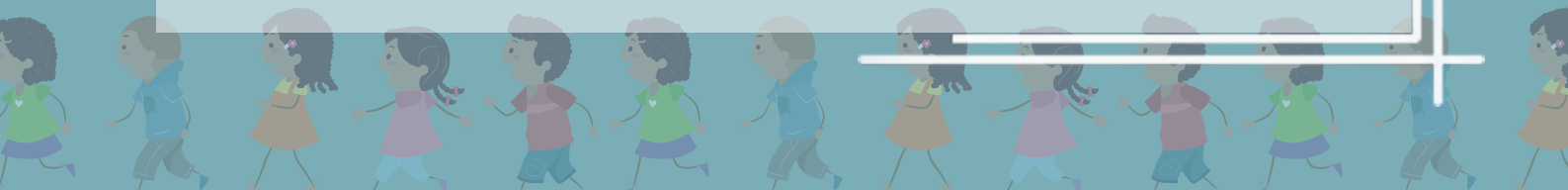
3rd Annual Walk-A-Thon



She Speaks Solutions

Sponsorship Package

www.shespeakssolutions.com



Walk-A-Thon 2024

About SheSpeaksSolutions, Inc.

SheSpeaksSolutions, Inc. was organized and incorporated in August 2019 and is a 501 (c) (3) not-for-profit corporation. The corporation aims to provide a platform to advocate for education and enhanced opportunities and assistance to diverse, high-risk, under-served communities, focusing on mental health matters and mental health resources. The mission of SSS is to enhance mental health awareness in the community and develop viable options with solutions for those who are most affected by mental health matters. Our objective is to advocate for delivering all aspects of mental health services and provide support by connecting those in need with collaborating providers specializing in mental health services.

SSS business model (approach) encompasses the delivery of all aspects of mental health and support services by referring qualified clients/patients for needed services with providers specializing in the specific service area of each client/patient. We ensure that our clients/patients receive the appropriate education, care, support, and resources by building and maintaining collaborative relationships and partnerships with various service providers, counselors, celebrities, payers, and other vendors. As an advocacy organization, collaboration and networking is a key element in the overall success of our clients as well as SheSpeaksSolutions, Inc.

Walk-A-Thon 2024

Why We Walk

According to the World Health Organization (WHO), an estimated 450 million people worldwide suffer from mental or behavioral disorders. Anxiety and depression are among the most prevalent mental health disorders globally. Mental health challenges often emerge during adolescence. WHO reports that half of all mental health disorders begin by the age of 14. Furthermore, Stigma remains a significant barrier to seeking help. It is estimated that nearly two-thirds of people with a known mental health disorder never seek help from a health professional. Physical activity, including walking, stimulates the production of endorphins, which are chemicals in the brain that act as natural mood lifters. Regular walking can contribute to an overall improved mood. We walk not just to alleviate our mental health matters, but also to bring global awareness to the importance of taking care of our mental health.

Mind Over Miles

SheSpeaksSolutions, Inc. (SSS) addresses a topic not addressed in under-served, high-risk, diverse communities. Even with the increase in mental health initiatives in the past few years, the need for more awareness is especially apparent in these communities. SSS's vision for the 2024 Walk-A-Thon includes bringing the communities together to Advocate, Collaborate, and educate (ACE) in an Unequal World. We utilize the theme: Mind Over Miles: Highlighting The Importance of Mental Health. We ask you to assist us in changing the unspoken shame of mental health in our focus communities and highlight the importance of mental health. We are introducing alternative resources and approaches to let people know that the world hears their cries for help. SheSpeaksSolutions, Inc.'s 2024 Walk-A-Thon serves as a means to bring awareness to this cause in addition to supporting our Advocacy Academies that promote a positive perspective on mental health matters in specific communities

Highlighting The Importance of Mental Health

3rd Annual SSS

279+

WALK
A-THON

*To Support SheSpeaksSolutions Mental
Health Advocacy Programs*

SATURDAY

FEBRUARY 17TH

ONLINE REGISTRATION IS
REQUIRED. PLEASE VISIT:

www.shespeakssolutions.com

FOR MORE INFORMATION
PLEASE CALL: 813-843-3035

Join us from anywhere this year as we
Symbolically walk to
#BreakTheStigmas
of Mental Health! Increasing access in
Florida

**Starts In Tampa @ WaterWorks in front of
Ulele's**

10:00am-11:00am

**Ends In Tallahassee @ Cascade Park-See
Website for more details**

REGISTRATION \$25 PER PERSON

*Join Us As We WALK 279+ Miles from Tampa to
Tallahassee For Mental Health*

Walk-A-Thon 2024

Event Info

She Speaks Solutions is excited to host our 3rd annual Walk-A-Thon from February 17th through March 2nd. On these days, attendees can join us from 5:30 to 6:30 as we walk 279+ miles from Waterworks, Tampa, to Cascades Park, Tallahassee. In previous years, we boasted well over 300 participants. We stopped at the Florida State Legislative building and enjoyed the presence of some of our sponsors such as “211”: center for mental health resources. This year’s attendees can register for \$25 and pledge up to 10 miles. After 10 miles, participants may pledge an extra \$2 per mile.

Many participants like to come out in person to support the walk-a-thon and absorb the unique experience. The SSS website captures some key moments from the previous walk-a-thon. Footage can be found under the event media tab. This symbolic walk increases awareness of mental health matters and funds initiatives that decrease mental health problems in some focus communities. Some of the specific initiatives are listed in this Sponsorship Package.

She Speaks Solutions

Walk-A-Thon 2024

She Speaks Solutions ACE Initiative

SheSpeaksSolutions, Inc. (SSS) is developing programs through the Advocate, Collaborate, and Educate or “ACE” initiative to support its mission. This initiative allows SSS to assess and evaluate general mental health issues and develop programs for SSS Advocacy Academies that support our efforts to address these issues. SSS will advocate on behalf of those who experience mental health matters, solicit resources to collaborate with SSS to provide such services and educate the community on the stigma of mental health. The goal is to connect multiple modalities of alternative therapeutic methods in an attempt to improve the outcomes of mental health and mental health matters. In addition to funding administrative fees and opportunities to allow college students to see therapists, as a sponsor, you would be supporting some of these key initiatives, including our walk-a-thon and other events. Below is a brief description of some of the academies that have launched and/or are scheduled to be launched in the near future.

Matriarch Moments

Designed to provide college students an opportunity to engage and apply some of their theological principles by engaging with seniors and sharing precious memory moments with them

Men and Minorities Series

Ongoing series of podcast activities that focus on mental health matters for men and minorities. It provides a platform for participants to share stories of healing and growth through their mental health matters.

Music/Dance/Theater and the Arts

Introduction of minority youths (12-17) to the arts as an alternate method of mental health therapy.

Walk-A-Thon 2024

Sponsorship Levels

SPONSORSHIPS (Sincere appreciation to everyone for considering SheSpeaksSolutions, Inc. sponsorship) SheSpeaksSolutions, Inc. will recognize those individuals who have a passion for the mental health advocacy programs and activities that promote SSS's mission. When your company /organization contributes to this mission, you support our various programs from Youth to Seniors in the community. As a sponsor, you're not only a catalyst of change but also an integral part of necessary information that needs to be shared with the Community.

Friend Of The Walk - up to \$249

As a Friend Of The Walk you will receive...

- Acknowledgement of your support on SSS social media platforms
- SSS valued sponsor certificate

Wellness Supporter - \$250-\$499

As a Wellness Supporter you will receive...

- All "Friend Of The Walk" benefits
- Complimentary SSS T-Shirt

Wellness Advocate - \$500-\$999

As a Wellness Advocate you will receive...

- All "Wellness Supporter" benefits
- Complimentary SSS "SWAG"

Wellness Partner - \$1000-\$2499

As a Wellness Partner you will receive...

- All "Wellness Advocate" benefits
- Special shoutout at Walk-A-Thon
- Logo/Recognition on all Walk-A-Thon marketing materials

Walk-A-Thon 2024

Sponsorship Levels

Wellness Ambassador - \$2500-\$4999

As a Wellness Ambassador you will receive...

- All “Wellness Partner” benefits
- Includes extra SSS Shirts and SWAG for organization
- Permanent recognition on SSS website

Trailblazer - \$5000

As a **Trailblazer** you will receive...

- All “Wellness Ambassador” benefits
- Recognition as a corporate partner and consideration for additional benefits

Please contact us for any questions regarding benefits using the contact information at the end of this packet

Some previous Walk-A-Thon Sponsors



Highlighting The Importance of Mental Health

Contact



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