

CATCH Impact Report

2019-2021

A community of resilient people who value
mental health and emotional wellness.

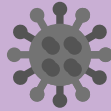


Educational Programming

Speaker Series



- Hosted **16** events
 - 6 in-person
 - 10 virtual due to pandemic
- Topics included: resiliency, teen depression & suicide, supporting LGBTQ+ youth, coping with COVID



500 attendees zoomed
into virtual webinars



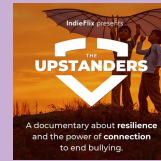
CATCH Original Content

- Developed **2** video series
 - Learn from Experts
 - CATCH Conversations
- Grew online journal including "In Real Life" essays

Learn
from **Experts**



2 Free Documentaries



Access to Resources



Partnered with **30+** local mental health experts

Created **14+** hours of YouTube educational video content



Reviewed & Approved: Shared mental health books, podcasts, websites

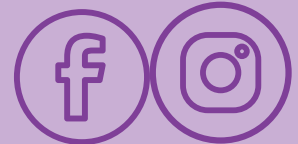
Peer Support

Gathered nearly **100** parents, caregivers in small groups to provide comfort, understanding



Connected **1,800+** community members through monthly newsletter

Reached **2,000+** families via social media



CATCH This!



Executive Director received 2021 Cook County Peggy A. Montes Unsung Heroine Award

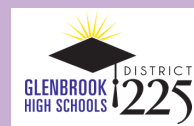
Village of Northbrook Pandemic Response 2020 Grant Recipient



Earned 501c3 tax-exempt status

Awareness

Collaborated with local schools:



Initiated: *Together for Mental Health*
An Alliance for Greater Chicago

Let's **CATCH** up:

catchiscommunity.org | catchiscommunity@gmail.com

Follow us on Social Media:

@catchiscommunity

