

HAND to HOLD Impact on Society

January - May 2020

Hand to Hold helps families before, during and after NICU stays and infant loss by providing powerful resources for the whole family. Your contribution to Hand to Hold funds key initiatives to break down barriers to psychosocial support for NICU families nationwide.

Your Donations at work:

Highlights from Q1 and Q2 of 2020:

- Added a new hospital partnership with CHRISTUS Mother Frances in Tyler, Texas, featuring Hand to Hold Family Support Specialist Whitney Guth
- Created six new podcast episodes, three (3) episodes regarding COVID-19 and three (3) episodes regarding postpartum depression. Episodes can be found on NICU Now, Beyond the NICU and NICU Heroes
- 66% growth in peer mentor matches (2019 versus the average in 2020) that marked a record high for Hand to Hold
- Launched new free virtual support groups offered weekdays with support from **Huggies®**
- Hosted a #MyMentalHealthMatters campaign that provided resources and family stories during May's Maternal Mental Health Month with support from **Sage Therapeutics**

Our Response to COVID-19

Today as we face the challenges associated with COVID-19, Hand to Hold is able to be there for NICU families nationwide. The support provided by our Family Support Specialists and our trained volunteer peer mentors is more important now than ever. Thanks to technology, our staff and peer mentors are able to remain in contact with families through virtual support groups, private Facebook groups, text, email and phone calls.

In times of crisis, Hand to Hold steps up, leans in, and goes beyond what is asked or expected to provide for NICU families. Thank you to our generous donors who make what we do possible. And thank you to the amazing medical professionals who are on the front lines every day helping those in need.

We are all in this together, and Hand to Hold is here to help.



"I cannot explain the comfort that comes from just hearing other NICU moms' stories. It is such a relief to know they are out there."

—NICU mom participating in virtual support groups, Minnesota



Virtual Support Groups Launched

NICU families need a hand to hold now more than ever. We are thrilled to announce a new approach to provide vital support to our families with virtual support groups, launched in April 2020.

Hand to Hold's new virtual support groups allow families to access support and connect with others from the comfort and safety of their own home. Our multiple offerings include groups for current NICU families, a specific Beyond the NICU support group for NICU graduate families and a group for Spanish speaking families. These groups are all free for families nationwide.

As NICUs continue to limit parent visitation during this time, we are here to fill in the gap for vulnerable families and their medically fragile babies.



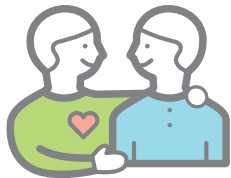
91 NICU parents have attended the Hand to Hold virtual support groups in April and May 2020. Family support groups have expanded from serving only Texas to serving 13 states.

"I just want to take the time to thank you and let you know that I appreciate Hand to Hold in so many ways. It's very helpful to talk with someone who has been through what I'm going through."

-Celena M., Denver, CO

Impact by the Numbers: January 1, 2020 - May 31, 2020

1,199



NICU BEDSIDE VISITS

RESOURCES DELIVERED: 581

COVID-19 PODCAST EPISODES LAUNCHED IN APRIL 2020 SUPPORTED BY HUGGIES®

EPISODE 27 ON NICU NOW: 519 LISTENS

EPISODE 8 ON BEYOND THE NICU: 130 LISTENS

EPISODE 12 ON NICU HEROES: 915 LISTENS

651

INDIVIDUAL FAMILIES SERVED BY OUR FAMILY SUPPORT SPECIALISTS



PEER SUPPORT

PEER MATCHES: 107

BEREAVED PEER MATCHES: 10

VIRTUAL SUPPORT GROUP PARTICIPANTS: 91

INDIVIDUAL VIRTUAL CONNECTIONS: 141



Fragile Babies. Family Support.

TollFree: 855-H2H-NICU

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| handtohold.org

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