



Hand to Hold™

NICU BABIES • PARENT SUPPORT



2021 THIRD QUARTER IMPACT REPORT

Abel is 1 in 7.

When Aby and Diego Requena got ready to welcome their baby, Abel, into their family, they never expected that their most reliable support system - their extended family - would not be a part of that process. However, because of Covid-19 restrictions in their hospital, that's exactly what happened. For so many families who are experiencing a NICU stay, Covid-19 has added another layer of complexity and loneliness within the NICU.

Thankfully, Aby and Diego were able to connect with a Family Support Specialist who provided them free Hand to Hold resources, supporting them during their NICU journey.

We are happy to report that baby Abel is now healthy, happy, and home.

Your continued support of Hand to Hold helps families like the Requena family connect to support no matter where they are in their NICU journey.

"I would encourage a mom that feels alone to download the Hand to Hold app and connect with somebody. They are there for you. Hand to Hold is there to celebrate with you."

- The Requena Family | Tyler, Texas



1 in 7 babies spends time in the NICU



40% of NICU parents are likely to experience postpartum depression, anxiety disorders and PTSD vs 5% of non-NICU parents



Hand to Hold served 30,000 families in 2020 and is projected to serve 47,000 families in 2021



Hand to Hold is the recommended parent support resource in the NICU in 29 hospitals in 19 states



Hand to Hold is projected to serve 40% of NICU parents by 2026



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OUR MISSION

Hand to Hold® provides personalized support before, during and after a NICU stay to help ensure all NICU families thrive.

OVERVIEW

19K+



NICU families connected in Hand to Hold's private online communities

12K+



Podcast episodes downloads in 2021

2,079



Hours served by volunteers

771



Users in the Hand to Hold family mobile app since our launch in May 2021

490



NICU parents supported in virtual support groups in 2021

275



Matched peer mentors to mentees in 2021 across 34 States and 4 countries

200



Counseling sessions completed in 2021

Numbers reported from
January 2021 through October 2021



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