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

WHAT WE DO

Hand to Hold® is a national nonprofit 501(c)(3) dedicated to providing emotional support, education and community to parents who have had children in the Neonatal Intensive Care Unit (NICU) or the loss of a baby. Hand to Hold is focused on removing barriers to enhance equitable support by growing a hybrid model of in-person and virtual support in service to their mission.

Hand to Hold mental health support is provided to parents at no cost to families in both English and Spanish by bilingual certified mental health specialists and licensed counselors on staff. All support is designed with the emotional, physical, and social needs of the NICU parent in mind.

HAND TO HOLD 2021 IMPACT

| Hand to Hold served 23,000 parents in 2021 and is projected to DOUBLE the number in 2022 | Parents served by Hand to Hold in our partner hospitals in 2021 increased 48% from 2020 |
| Parents supported by Hand to Hold’s counseling services increased by 70% | Hand to Hold hosted the first annual NICU Community Conference with 1700+ registrants |
| Virtual Support Group attendees in 2021 increased 86% from 2020 | Hand to Hold has bold ambitions to serve 40% of NICU families by 2026 |
Nearly half of babies in the NICU are full term and half preterm. All scenarios can cause parental distress.

[National Perinatal Information System/Quality Analytic Services; www.npic.org]

NICU parents are more likely to experience postpartum depression, anxiety disorders and PTSD.


Black women and Hispanic women are disproportionately affected and are more likely to experience postpartum depressive symptoms than white women.


1 in 7 babies spends time in the NICU (Neonatal Intensive Care Unit) in the United States.


OUR VIRTUAL SUPPORT GROUPS

Launched in 2020:
- Current NICU parents
- NICU graduate parents
- Black NICU families
- Bereaved Parents

New in 2021:
- High Risk Pregnancy

New in 2022:
- NICU Dads
- Bereaved Dads
- Spanish-Speaking NICU Parents
- Families with medically complex children
You chose amazing and motivating and heart-felt speakers - great job! One of the most touching conferences I have EVER attended.”

- Dawn M., NICU Parent

"Hand to Hold has made us aware of the challenges that NICU babies face along with their families, and how precious life is. There is so much that we take for granted, and offering a few hours in service to the NICU families provides perspective.”

- Young Men’s Service League - Four Points Chapter

- 4,400 NICU Milestone Necklaces assembled
- Over 2,750 Parent Welcome bags assembled
- 3,000 scent cloths made
- 475 support group lunches provided
Hand to Hold has bold ambitions to serve 40% of NICU families by 2026.
OUR VALUES

Belonging
We foster safe and caring spaces for healing. We cultivate a community of empathy, honor each unique journey and prioritize peer support.

Compassion
We recognize the heartache, grief and trauma NICU families experience and meet them where they are with grace and acceptance.

Equity
We commit to fairness and impartiality in all that we do. We must be well-informed and inclusive of all perspectives to meet diverse needs with accessible, comprehensive support.

Integrity
We are trustworthy, honest, reliable, authentic and accountable. We commit to holding ourselves and our partners to the highest of standards.

Bold
We are thought leaders and change makers. We embrace vulnerability and engage in courageous conversations.

Growth
We are always learning, developing innovative programs and evolving strategies to champion a world where all NICU families thrive.

"Hand to Hold provided a free support group for black families, a resource list of counselors in my state, taught me the difference between baby blues and postpartum depression and taught me how to advocate for my daughter. Since she graduated I have been able to use my advocating skills with her current pediatrician."

- Lindsey O., New York