



Invitation to Sponsor

Don't miss this unique opportunity to be an active part of an inspiring 2-day event.

Hospitals and parents from across the country will learn, engage and discuss critical mental health topics important to NICU families and the professionals that care for them.

November 1-2, 2023

Prematurity Awareness Month

2023 Conference Themes



HEALTH EQUITY



BURNOUT/SELF CARE



TRAUMA-INFORMED CARE



GRIEF & LOSS

CONFERENCE IS VIRTUAL TO ALLOW EQUITABLE ACCESS

FEATURES INSPIRING & THOUGHT-PROVOKING TOPICS

SPEAKER LINEUP TO BE ANOUNCED IN AUGUST

CEU CREDITS WILL BE AVAILABLE

Event promotion begins mid-September. Sponsorship opportunities contact: sarah@handtohold.org

[VISIT OUR EVENT WEBSITE](#)

21 OF TOP 30

CHILDREN'S HOSPITALS
ATTENDED IN 2022



105 HOSPITALS 

47 STATES 

17 COUNTRIES 
IN 2022



EXCEEDED
ENGAGEMENT
BENCHMARKS

Ukova

98%

WOULD RECOMMEND
TO OTHERS



THE NICU IS HARD. WE'RE HERE TO HELP.

Hand to Hold (H2H) is the largest U.S. nonprofit dedicated exclusively to providing NICU parents with early intervention mental health support to mitigate the emotional challenges of a traumatic birth, a NICU stay and/or infant loss.

Founded in 2011, Hand to Hold is led by a professional staff team of parents who have had babies in the neonatal intensive care unit (NICU).



Mental Health Support:

- ✓ **1 to 1 Support and Education** – H2H's peer mentor program matches a parent with a NICU graduate parent. In partner hospitals, our Certified Mental Health Peer Specialists support parents; Our extensive resources include: digital educational library/campaigns, podcasts, mobile app & conference.
- ✓ **Group Support** – H2H's certified Mental Health Peer Specialists provide weekly in-person support groups in partner hospitals and virtual support groups available nationally.
- ✓ **Counseling** – H2H's licensed clinicians, specifically trained in trauma, grief, loss, and perinatal mental health, help parents process their birth experiences, grieve the loss of their NICU baby and treat perinatal mental health disorders.

Why is Support Important?

1 in 7 babies born in the US spends time in the NICU. Few expect it, but everyday nearly 3,000 parents learn their baby is going to the NICU. Parents with babies in the NICU share a common experience of trauma, vulnerability, depression, anxiety and stress. Black women and Hispanic women are disproportionately affected

Parents feel alone and isolated from friends and family, guilt for having their baby in the NICU, overwhelmed by the NICU environment and struggle to balance work and other children. They need support, but seeking mental health treatment is challenging and expensive. Accessible and equitable mental health support is crucial because care for the parent is care for the baby.

100% of proceeds from all sponsorships allow Hand to Hold to provide support free to all NICU families before, during and after a NICU stay or loss of a baby.

The World Health Organization (WHO) and American Academy of Pediatrics (AAP) recommend this type of support for NICU parents. Hand to Hold's three levels of mental health care for NICU parents are offered in English & Spanish at no cost to families.



61,211 SESSIONS OF EARLY INTERVENTION MENTAL
HEALTH SUPPORT PROVIDED TO NICU PARENTS

We Believe Every Session of Support Matters

EDUCATIONAL
SUPPORT SESSIONS

51,551



IN - HOSPITAL
SUPPORT SESSIONS

8,807



CERTIFIED MENTAL HEALTH
PEER SUPPORT SPECIALISTS

COUNSELING
SESSIONS

853



95

HOSPITALS REFER
PARENTS TO
HAND TO HOLD



48

STATES SERVED

100%

PROVIDED AT NO
COST TO FAMILIES IN
ENGLISH & SPANISH



98% Feel better as a NICU parent & more confident
in bonding with their baby at the end of a
Hand to Hold support session

**WE NEED YOUR HELP TO REACH
OUR 2023 GOAL OF
100,000 SESSIONS OF SUPPORT!**

