

ABOUT US

Based in Philadelphia, Michael's Giving H.A.N.D. is a 501(c)(3) non-profit charitable organization focused on helping teens, parents, counselors and teachers recognize and understand anxiety disorders and depression. Established in 2016 by the Michael P. Donatucci Foundation, Inc., Michael's Giving H.A.N.D. seeks to bring anxiety and depression out of the shadows so that we can erase the stigma associated with these illnesses. We educate the community on adolescent anxiety and depression through our High School Outreach Program and help teens and their families navigate these illnesses through our Adolescent Mental Health Counseling Program. For more information, call (267) 858-4291 to arrange a presentation for your organization, seek additional resources or to partner with our mission. Or, visit our website at www.MichaelsGivingHAND.org. (EIN 81-3501476)

CONTACT US

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**Could you recognize a teen
suffering from anxiety or depression?**



1 in 5 Teens Live with a Mental Health Illness

Our organization is confronting this alarming struggle head-on



The struggle is real but often dealt with in silence. Michael's struggle was no different. Michael was well-educated, well-liked and achieved great success in his career. He wasn't the poster child for anxiety and depression. Then again, who is? Anxiety and depression do not discriminate. Even though Michael eventually lost his battle with anxiety and depression, the Michael P. Donatucci Foundation formed Michael's Giving H.A.N.D. to raise awareness, provide support and erase the stigma associated with anxiety and depression in teenagers. These are the four paths we walk to achieve these admirable goals.

EDUCATE.

Knowledge is power which is why we promote awareness of anxiety disorders and depression through our Educational Outreach Program. We offer engaging presentations, through our partnerships with Temple Health and Drexel Medicine, to educate the stakeholders involved in the well-being of our children which include students, parents, teachers, school administrators, school counselors, and coaches. Contact us to schedule a presentation for your school or organization.

NAVIGATE.

Let's face it, wading through the results of an internet search on anxiety and depression can produce anxiety. We have identified valuable resources to help you navigate the information and your options. In addition, we established a fund with the Department of Psychiatry and Human Behavior at Jefferson Health to support our Adolescent Mental Health Counseling Program. This program provides financial assistance for the mental health evaluation and treatment of teenagers seeking help. Contact us to learn more about how your high school students or your teenager can access this distinctive program.

ADVOCATE.

Bringing anxiety and depression out of the darkness is a team effort. Michael's Giving H.A.N.D. works with healthcare professionals, educators, mental health advocates, community organizations, elected officials and individuals such as yourself to advocate for comprehensive educational programs and equal access to much-needed care for these illnesses. Contact and join us if you are passionate about raising awareness and advocating for equal access to mental health care.

ELIMINATE.

An important goal of Michael's Giving H.A.N.D. is to eliminate the stigma surrounding anxiety and depression. We aspire to foster compassionate communication, increase medical access, and create universal awareness for anxiety disorders and depression. No one should ever suffer in silence or feel ashamed. Join us to learn how you can help erase the stigma associated with anxiety and depression.

Together, with your support, we will make a difference in the lives of teenagers who struggle with anxiety and depression. To support our mission, we invite you to visit our website at www.michaelsgivinghand.org. Or, please contact us at info@michaelsgivinghand.org or (267) 858-4291.

