



Let's
FACE IT
· MHC ·



mental health
CONNECTICUT



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Through Let's Face It, we aim to break the stigma across the state by raising awareness around mental health and sharing unique stories of CT residents overcoming challenges.

Our hope with sharing these stories is that there will be a greater developed understanding for the individuality of each person's mental health journey and that it will contribute to creating a safer and kinder state.

Three years. Over 40 unique and impactful stories.

Meet Ira Revels

#LetsFaceIt 2023 Participant Spotlight



“No one would blame Ira Revels for feeling sorry for herself and deciding to step back from full engagement in life. In the last year she has lost several family members, including her birth mother and a beloved uncle, and had a stroke. She also has multiple sclerosis.

But Revels decided to take a different approach. The 50-year-old West Hartford resident is starting a non-profit designed specifically to help people, especially marginalized people, better navigate the healthcare system.”

[Keep Reading...](#)

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We have only scratched the surface of this important conversation around mental health.

By continuing to share new stories in 2024, we can destigmatize mental health challenges, encourage more conversations, show the power of creating safe environments for everyone, and increase access to resources.

Join us for Let's Face It 2024 and help us create a safer, healthier state!



**What's new
in 2024?**

31 Days of Fresh Content

- 5 New LFI Stories
- 5 “Where are they now?” Stories
- 4 days of history
- 4 days of MHC voices
- 4 days of shoutouts
- 4 days of self-care

May 6th MHC Founder's Day
Buildings lighting up **green**.

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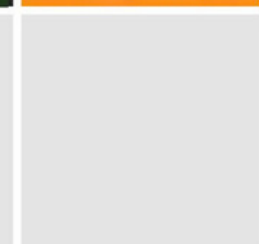
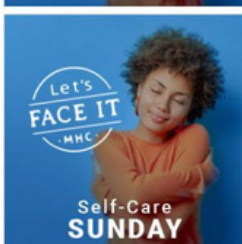
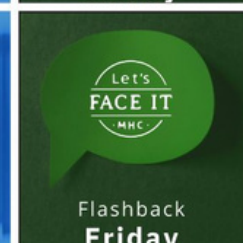
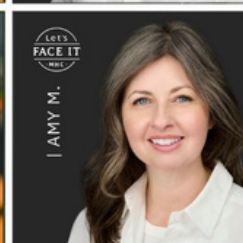
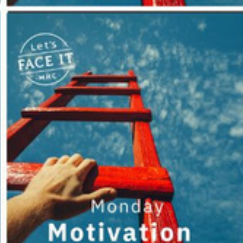
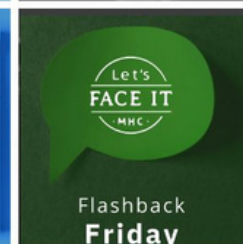
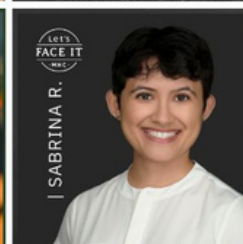
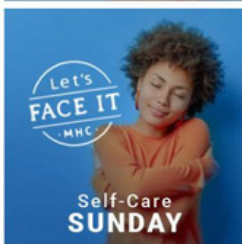
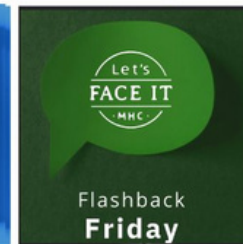
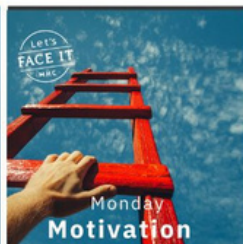
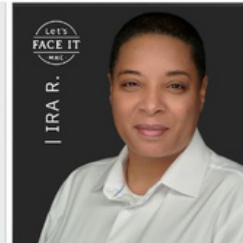
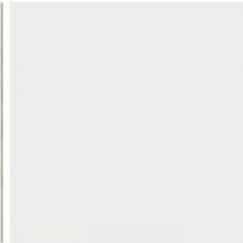
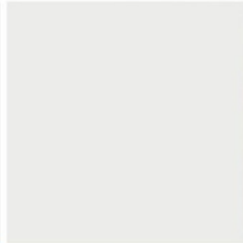
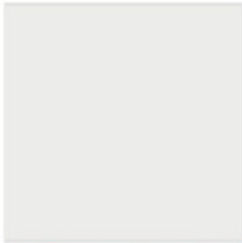
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Sponsorship Opportunities

Funds raised through Let's Face It 2024 will support MHC's life-changing services, education, and advocacy efforts.

Sponsorship Levels

- Presenting Sponsor \$15,000
- Gold Sponsor: \$7,500
- Silver Sponsor: \$5,000
- Bronze Sponsor: \$2,500
- Media Sponsor: In-Kind
- Contact us for a customized sponsorship package

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Presenting Sponsor

Presenting Sponsor - \$15,000

- An MHC in-person workshop for employees (MHC is a Bell Seal and CARF Certified Organization)
- “Presented by” logo on website
- “Presented by” logo in all advertisements, social media posts, promos, and emails
- Individual social shout-out
- Lead in media pitches

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Gold Sponsor - \$7,500

- An MHC virtual workshop for employees (MHC is a Bell Seal and CARF Certified Organization)
- Logo on website
- Logo in social media posts, promos, and emails
- Individual social shout-out

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Silver Sponsor

Silver Sponsor - \$5,000

- Logo on website
- Logo in social media posts, promos, and emails
- Individual social shout-out

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Bronze Sponsor

Bronze Sponsor - \$2,500

- Logo on website
- Logo in promos and emails
- Bronze level group social shout-out

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Questions? Ready to join?

Bethany Simmonds
bsimmonds@mhconn.org
860.801.0239

Brayden Ransom
bransom@mhconn.org
802.782.0068



#LetsFaceIt together.