

\$5 DONATION

Support our Wear, Care, Share campaign. With a donation in this amount, we are able to give a t-shirt that will show support and evoke conversation. To date, i understand has given over 14,000 t-shirts away.



\$15 DONATION

This donation will provide a care package to those who have suffered a mental health crisis or to someone who has experienced loss due to suicide. These packages include: journal books, therapy pages, markers, tee shirt, informative information, resources, a stress ball and more. The packages are currently distributed through Helen DeVos Children's Hospital, Network 180 and the Ada Fire Department.

\$30 DONATION

Buddy Puppies are hand made with love and understanding to let children at Helen DeVos Children's Hospital know they are not alone. These puppies are presented by the i understand nurse at departure of a child's stay.

\$100 SUPPORT GROUP SPONSOR

Your gift of \$100 during the Pink Heart Project will provide twenty friends the opportunity to attend i understand's monthly support group for free. i understand provides monthly support groups for those who have lost a loved one to death by suicide, caretakers and those who live with mental illness. i understand's support group is led in collaboration with TCM Counseling in Grand Rapids, Michigan. Donate today to sustain our support groups!

\$500 COMMUNITY EVENT SPONSOR

By sponsoring at the \$500 level, you are supporting i understand's mission, specifically our monthly community events that are offered FREE to the public in an effort to educate and raise awareness for mental health. Your sponsorship guarantees that 100+ people can attend one monthly community event for free. Past community events have involved: yoga, panel discussions, 5K walk/run, stress reduction tai chi, art therapy, dance, and more.

\$1,000 PINK CRYSTAL HEART SPONSOR

The pink Waterford crystal hearts represent the unconditional love we have for anyone who suffers from mental illness or those who have lost a loved one to death by suicide. By purchasing, you will be supporting i understand's mission to provide compassionate comfort to those affected by suicide and mental illness. Each person or business that purchases one or more pink crystal hearts will be helping i understand maintain it's mission to continue our important work in the community.