



Pinky Promise For Life



In 2019, while conducting research for my Wilderness Education Outdoor Leadership degree, I discovered that 13.9 million Americans thought about seriously hurting themselves. During my darkest and toughest days, the pinky promise I made with my kids saved my life.

2023 Statistics of Worldwide Mental Health

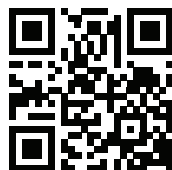
- Depressive symptoms grew from a base of an estimated 193 million people worldwide to 246 million, close to a 28% increase.
- Anxiety disorders grew from an estimated 298 million people affected to 374 million, close to a 25% increase.

Pinky Promise for Life our purpose is to make sure those numbers go down. Using Outdoor Recreation Therapy Modalities, our goal is to provide a safe place for healing and mental wellness.

Need Support Now?

If you or someone you know is struggling or in crisis, help is available 24/7 through The National Suicide Prevention Hotline. If they are unable to reach out—PLEASE intervene and support them by calling or texting 988 or chat at 988lifeline.org and get professional advice on how to help a loved one.

*Making a Pinky Promise with someone you care about that they will never hurt themselves
- NO MATTER WHAT HAPPENS - has proven to save lives!*



PinkyPromiseForLife.com

