



YOU CAN HELP THE

JORDAN PORCO FOUNDATION

SAVE LIVES

Suicide is the second leading cause of death for people ages 15-24. Suicide is preventable.



JOIN OUR IN IT 4 LIFE TEAM



In support of the Jordan Porco Foundation's lifesaving programs

4 WHAT'S NEXT

Because change happens.

4 What's Next is a primary prevention program that builds psychological resiliency in high school students by giving them the tools to handle stress and distress now and in their future.

4whatsnext.org



freshcheckday

An uplifting mental health promotion and suicide prevention event that includes interactive expo booths, peer-to-peer messaging, support of multiple campus departments and groups, free food, entertainment, and exciting prizes and giveaways. Fresh Check Day aims to create an approachable and hopeful atmosphere where students are encouraged to engage in dialogue about mental health and helps to build a bridge between students and the mental health resources available on campus, in the community, and nationally.

freshcheckday.com

NINEOUTOFTEN
AMBASSADORS
10

1 in 10 college students contemplates suicide. That means nine out of ten students have the opportunity to help that one who is struggling. Inspired by this statistic, Nine out of Ten is an ambassador program that empowers college students to be a hopeful voice for suicide prevention and promote a mental health movement on campus.

nineoutoften.org

I'm in it for life

BECAUSE...

**IT'S
OK
TO
TALK**

**"I want to
end stigma in
mental health
by letting people
know that it's
ok to talk!"**

JOIN

Team
IN IT 4
LIFE

SHARE

Your story and
event
with everyone
you know

FUNDRAISE

With the
easy-to-use Crowdrise
platform

WHY ARE YOU IN IT 4 LIFE?

Share your story



JORDAN PORCO
— FOUNDATION —
We're in it for life™



IT'S EASY

HERE'S HOW

JOIN THE JORDAN PORCO FOUNDATION'S **IN IT 4 LIFE** CROWDRISE TEAM AT THIS LINK:

<https://give.classy.org/initforlifejpf>

WHEN YOU DO, YOU'RE PLEDGING YOUR COMMITMENT TO SUICIDE PREVENTION AND RAISING MENTAL HEALTH AWARENESS. NEXT, INVITE YOUR PEERS AND THE GREATER COMMUNITY TO FUNDRAISE WITH YOU AND ATTEND YOUR EVENT. GET CREATIVE! HERE ARE A FEW IDEAS TO HELP YOU GET STARTED:

IN IT 4 LIFE WALK

IN IT 4 LIFE RUN

IN IT 4 LIFE BIKE RIDE

IN IT 4 LIFE SPIN-A-THON

IN IT 4 LIFE TRIVIA NIGHT

IN IT 4 LIFE DRESS DOWN DAY

IN IT 4 LIFE PENNY WARS

IN IT 4 LIFE TOURNAMENT

IN IT 4 LIFE DANCE-A-THON

IN IT 4 LIFE PAINT NIGHT

IN IT 4 LIFE ART SHOW



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We're in it for life™



MAXIMIZE YOUR POSITIVE IMPACT

HELPFUL TIPS

FORM A COMMITTEE/RECRUIT FRIENDS

RECRUIT VOLUNTEERS

SET A BUDGET

DETERMINE FOOD/BEVERAGE NEEDS

CHOOSE YOUR EVENT

ENGAGE LOCAL MEDIA

SELECT A DATE, TIME, LOCATION

SHARE YOUR EVENT ON SOCIAL MEDIA

SECURE PHOTOGRAPHER

SEND THANK YOU'S (POST-EVENT)

PROMOTE YOUR EVENT/SEND INVITES

CONTACT OUR TEAM FOR HELP

Contact | Rachel Papke | rpapke@jordanporcofoundation.org

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TIMING

IS EVERYTHING

IDEAS FOR WHEN TO HOST YOUR EVENT

CHOOSE A MEANINGFUL TIME OF YEAR/DATE TO HELP GENERATE MORE INTEREST AND BOOST EVENT ATTENDANCE.

RUNNING YOUR EVENT IN TANDEM WITH A MENTAL HEALTH AND SUICIDE PREVENTION-FOCUSED TIME OF YEAR CONNECTS THE EVENT WITH AN OVERARCHING PURPOSE TO FURTHER ELEVATE THE CAUSE.

PAIR IT WITH FRESH CHECK DAY

MAY - MENTAL HEALTH MONTH

SEPTEMBER - SUICIDE PREVENTION MONTH

WORLD SUICIDE PREVENTION DAY

GIVING TUESDAY

BIRTHDAY

MEANINGFUL DATE

I'm in it for life

BECAUSE...

"I want to help fight
mental health stigma
and save lives."

SOCIAL MEDIA

SHARING

SOCIAL MEDIA PROMOTION IS KEY TO YOUR EVENT'S ATTENDANCE.
REMEMBER, THE MORE PEOPLE YOU ENGAGE IN RAISING AWARENESS AND
DOLLARS THE MORE OPPORTUNITIES YOU CREATE TO HELP SAVE LIVES!

**STEP 1 - Find, follow, and tag us in
your event posts!**



Jordan Porco Foundation



@JMPPMF



@jordanporcofoundation

**STEP 2 - Post on social media, tag us, use these
hashtags: #INIT4LIFE #jordanporcofoundation**

2 Months

1 Month

2 Weeks Prior

1 Week Prior

1-Day Prior

Event Day

1-Day Post Event

jordanporcofoundation.org



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