



# BREAKING THE CYCLE: STORIES OF STRENGTH AND STIGMA

This is a mental health awareness campaign featuring a resource anthology and traveling photography exhibit that illuminates the resilience of individuals living with mental health struggles. The project combines powerful portraits and personal stories with actionable mental health resources from professionals to raise awareness, foster empathy, and provide tangible support to those who need it most.

This project is deeply personal and driven by lived experience. My goal is to create a space where conversations about mental health can happen without shame or stigma, and to remind those who are struggling that they are not alone. Through storytelling, I aim to break cycles of silence and stigma, normalize mental health challenges, and inspire communities to take meaningful action in supporting holistic well-being.

Your partnership will help me make a lasting impact by allowing me to share these stories and resources across communities, reduce barriers to mental health support, and foster a more compassionate society. Together, we can break the stigma and create a world where mental health is not only prioritized, but understood.



# SPONSORSHIP PACKAGES

## **Platinum Sponsor: \$1,000+ or Equivalent In-Kind Donation**

### **Benefits:**

- Top-tier recognition as a Platinum Sponsor on all exhibit materials (signage, brochures, website, and social media)
- Logo placement on the inside cover of the mental health resource guide distributed at all exhibit locations
- Social media spotlight post across all platforms, thanking your business for your contribution
- Opportunity to host the exhibit at your location for an exhibit
- Exclusive opportunity to provide branded giveaway items (e.g., tote bags, pens) at exhibit events
- Recognition in all press releases and media coverage

### Ideal For:

- Businesses able to provide larger monetary donations
- Companies offering services like printing, venue space, or marketing support

## **Gold Sponsor: \$500 - \$999 or Equivalent In-Kind Donation**

### **Benefits:**

- Recognition as a Gold Sponsor on exhibit materials and the mental health resource guide
- Logo placement on event signage and promotional materials
- Social media post thanking your business for your contribution
- Recognition during opening event speeches

### Ideal For:

- Businesses offering mid-level monetary support
- Companies providing in-kind services like refreshments, printing, or promotional items

## **Silver Sponsor: \$250 - \$499 or Equivalent In-Kind Donation**

### **Benefits:**

- Recognition as a Silver Sponsor on the website and social media
- Logo included in the mental health resource guide
- Thank you mention during the opening event

### Ideal For:

- Small businesses or organizations looking to contribute at a lower level
- Businesses donating items for a silent auction to help offset exhibit costs

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## **Bronze Sponsor: \$100 - \$249 or Equivalent In-Kind Donation**

### **Benefits:**

- Name listed as a supporter in the mental health resource guide
- Thank you mention on social media

### Ideal For:

- Local businesses wanting to contribute in smaller ways
- Businesses donating gift cards or products for the silent auction

## **Silent Auction Donations**

We are also accepting donations for silent auctions to be held at each exhibit event. These auctions will help offset exhibit costs and raise funds to continue providing free mental health resources to the community.

### Suggested Silent Auction Items:

- Gift cards (restaurants, wellness services, etc.)
- Products (self-care kits, handmade goods, etc.)
- Services (massage therapy, yoga classes, photography sessions, etc.)

### Benefits for Silent Auction Donors:

- Name and logo displayed at the silent auction table
- Social media mention thanking your business for your donation

## **Custom Sponsorship Opportunities**

I am happy to create custom sponsorship packages based on your business's specific contributions. Whether you're offering a service, venue space, or other in-kind support, we will work with you to ensure your business receives appropriate recognition and benefits.

### Examples of In-Kind Contributions:

- Printing services for portraits and resource guides
- Venue space to host the exhibit
- Refreshments for exhibit events
- Mental health-related products (journals, self-care kits, etc.)

## **Contact:**

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