



2022

ANNUAL REPORT

**YOU
AREN'T
ALONE
PROJECT**

MISSION

The You Aren't Alone Project is a nonprofit organization dedicated to facilitating & changing conversations around mental health so that no one ever has to feel alone.

We offer community programming, events, and resources that bring people together over shared journeys in order to foster safety, collaboration, connection, and hope for all. We believe in the power of partnerships and strive to develop meaningful relationships with like-minded organizations and individuals to further advance our mission. Together, we can create a supportive and inclusive community where everyone has the tools and language to access the support they need to thrive.

VISION

Make mental health more accessible to everyone.

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youarentaloneproject.com

LETTER FROM THE FOUNDER & EXECUTIVE DIRECTOR

Just a few years ago, I was in a very dark place and had never felt more alone. I didn't have a name for it at the time, I just knew I needed more help than what my family or friends could give. That's when I made the decision to reach out to a therapist for the first time. And it changed my life. I finally understood that the way I had been feeling my entire life was not just a part of who I was, but it was something that was happening to me, something that I could actually manage and begin healing from. I suffer from depression and anxiety. It has a name. It is an illness. I don't have to deal with it on my own. I am not alone. It is an ongoing struggle that I will always carry, but I can manage it, I can make it through the bad days (with some help), and on the good days, my mission is to make sure everyone around me can too. It's this experience that led me to wanting to help others to know that hope and healing is out here. That has grown into so much more, into this, and we're still just scratching the surface. My hope is to continue this journey of conversation and connect to help make mental health and wellness more accessible for everyone.

Chelsea Borruano
MA Mental Health Counseling



2022 FINANCIAL SUMMARY

GL Acct	GL Description	2022 Actual
<u>INCOME</u>		
3070	Donations - Individuals	3,778.57
3080	Donations - BOD	0.00
3090	Grants	0.00
3140	Miscellaneous Income	522.67
3160	Sponsorships - Events	9,279.85
3170	Ticket Sales	4,033.00
3185	Sales - Misc.	692.70
		18,306.79
<u>EXPENSES</u>		
5020	Auction Items	0.00
5030	Audio Visual	(525.00)
5050	Bank Charges	(25.00)
5060	Brochures and Pamphlets	0.00
5110	Dues to Other Organizations	(50.00)
5130	Equipment & Furniture Rental	(2,320.00)
5140	Food and Beverages	(2,731.64)
5160	Gov't Fees and Taxes	(10.00)
5180	Insurance	(126.51)
5200	Management Fees	0.00
5210	Miscellaneous Expenses	(1,040.56)
5230	Printing and Photocopying	(193.94)
5240	Professional Services	
5270	Room Rental	(5,311.94)
5310	Shirts	(310.88)
5350	Technology / Software	(757.50)
5390	Website Hosting	0.00
5500	Staff	0.00
		(13,402.97)
<u>BALANCE</u>		4,903.82

A group of people, including men and women, are standing on a dark staircase at night. They are all wearing black clothing. The background is a brick wall. The lighting is dramatic, with strong shadows and highlights. The text "2022 IMPACT" is overlaid in the center in white, bold, sans-serif font.

2022 IMPACT

WE HELD OUR SECOND ANNUAL

ART
~~YOU AREN'T~~ **ALONE**

LIVE ART EVENT

ON APRIL 1, 2022

35

ARTISTS

OVER

200

ATTENDEES

9

INCREDIBLE SPONSORS

7

MENTAL HEALTH &
WELLNESS PARTNERS

\$7000

RAISED

FOR YAAP INITIATIVES

WE RELAUNCHED THE

Along the
Gravel
Road
podcast

5

NEW EPISODES RELEASED

topics

ANXIETY

ADDICTION

DISORDERED

EATING

GENERATIONAL

TRAUMA

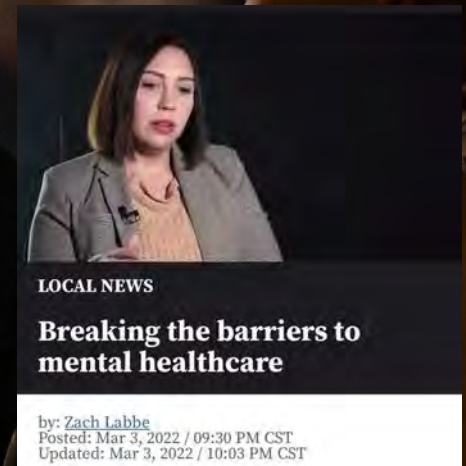
GRIEF & LOSS

& MORE

**we shared
RESOURCES**



**facilitated
CONVERSATION**



**strengthened our
COMMUNITY** **planned
FOR THE FUTURE**



all to further our mission,
**and we're just
getting started.**

JOIN US IN 2023 FOR EVEN MORE PROGRAMS,
EVENTS, CONVERSATIONS & CONNECTION

YOU
AREN'T
ALONE
PROJECT

thank you all

WE COULDN'T DO IT ALONE

aetna®

Ochsner®

BEAR
PROCESS SAFETY

barker
PROPERTY MANAGEMENT
COMMERCIAL REAL ESTATE

RHEAMEDIA
VIDEOGRAPHY & EDITING

LAMAR

JCW
CREATIVE

TALK
107.3FM



youarentaloneproject.com