

THE MHC HOLIDAY GIFT GUIDE



The Mental Health Coalition and its member organizations work hard every day to support our nation via life-saving mental health resources. The profits from each of the products in this gift guide go to support these organizations in destigmatizing mental health and meeting the needs of those living with mental illness. Treat yourself or someone you love to a gift that gives back this holiday season.

THOUGHTFUL TOKENS

BRACELET PACK \$35

Pura Vida for Mental Health America

Wear this style pack to show your support for all those living with mental health illnesses, and to remind each person currently living with mental illness that they are not alone.

For each sold, 5% of the purchase price will be donated to Mental Health America.



SQUARE PEG HAT \$32

Mental Health Coalition

A hug for your head ft. the Mental Health Coalition's iconic 'square peg round hole' logo, representing a feeling we've all had at some point. Celebrating our differences can shape how we respect and embrace both ourselves and one another.



"STILL BECOMING" BRACELET \$24.50

MantraBand for National Alliance for Eating Disorders

Wear this band as a reminder that recovery is possible and you are still becoming who you are meant to be. \$5 from each is donated to National Alliance for Eating Disorders.



SUN & MOON CHARM \$78

Kendra Scott for Mental Health Coalition

An ode to the darkness and light, Kendra Scott's Sun & Moon Charm in Oxidized Sterling Silver is a reminder to honor the cycles in our own lives – the joys and the challenges that each offer their own specialness and beauty. 50% of proceeds benefit mental health causes.



TOTE BAG \$22

Silence the Shame

A spacious and trendy tote bag to help you carry around everything that matters. Proceeds raised will support Silence the Shame and their mission to empower and educate communities on mental health and wellness.



HEART WARMERS

HEART MUG \$14.95

Williams Sonoma for The Trevor Project

Available exclusively through Williams Sonoma and created in collaboration with The Trevor Project, each mug sold benefits their lifesaving suicide prevention and crisis intervention services for LGBTQ youth.



"THINK HAPPY" SWEATER \$380

Lingua Franca for YourMomCares

Maroon with light blue embroidery. 100% Cashmere. Hand-stitched in NYC. \$100 from each sweater purchased supports Your Mom Cares, an organization that helps all children by raising awareness and funding for organizations focused on children's mental wellness.



TIE DYE DENIM JACKET \$59

Nordstrom for Trans Lifeline

Be Proud by BP is a collection for every gender expression, celebrating love and the right to self-identify. With each purchase from this collection, 10% of sales will go to support Trans Lifeline, an organization dedicated to providing peer support and financial resources directly to transgender people across the US and Canada.



WEIGHTED BLANKET \$199

Bearaby for National Alliance on Mental Illness

Bearaby believes that joy in sleep leads to joy in life. And Bearaby is here to do their part to help everyone lead a more joyful life. That's why they built the world's first weighted bedding company and partnered with NAMI. For every Bearaby item you purchase, they sponsor one hour of staffing for the NAMI Helpline* – a free, public resource that provides information, referrals, counsel and support to people living with mental health conditions.



PHYSICAL ZEN

CBD GUMMIES

\$29

Highline Wellness for Mental Health Coalition

Commonly associated with promoting a calm sense of well-being, CBD is swiftly becoming a key component of self-care rituals and modern wellness. Highline Wellness's CBD gummies are shaped in the nostalgic gummy bear style we all know and love. A percentage of Highline Wellness proceeds benefit MHC.



HANDY WATER BOTTLE

\$20

Suicide Awareness Voices of Education

Spill proof, BPA free .75L Water Bottle from Camelbak with carry loop. Dishwasher safe. Proceeds raised will go to SAVE and to support their mission of preventing suicide through public awareness and education, stigma reduction.



IMMUNITY-BOOSTING GUMMIES

\$15

LifeToGo for Mental Health Coalition

Healthy living is a head-to-toe, inside-and-out pursuit. LifeToGo supports a well-rounded lifestyle, which includes caring for one's physical AND mental health. 1% of gross sales of this new line of immunity-boosting gummies support MHC.



SILICONE RAINBOW CUP

\$25

Mental Health Coalition

No better way to find your flow and refresh your mind than with the Mental Health Coalition's uplifting, colorful, versatile cup, which is as flexible in shape as it is in utility. Take your hot and cold drinks anywhere, from the commute to the beach, with the 100% silicone material that will not break, crack, chip, fade or scratch.



STEEL WATER BOTTLE

\$30

AAKOMA Project

Hydrating is essential, so why not do it in style? This perfect size, stainless steel water bottle has a plastic screw top to keep your bag dry, while amazing quality print makes it as appealing as practical. For travels, dance classes, or on a desk next to your laptop - an excellent choice for every occasion. Proceeds raised will go to the AAKOMA Project and their mission to empower youth and their families to seek help and manage mental health.



UPLIFTING SOAP

\$9

Fountain House

Fountain House + Body is a social enterprise with a triple bottom line: to provide meaningful paid work opportunities to people with serious mental illness to produce and sell environmentally sustainable, low-waste products to generate a profit to sustain and enhance our employment program. Geranium + Orange Bar is known for their balancing and uplifting properties, geranium and orange are combined in this bar to make for the ultimate stress-relieving shower experience.



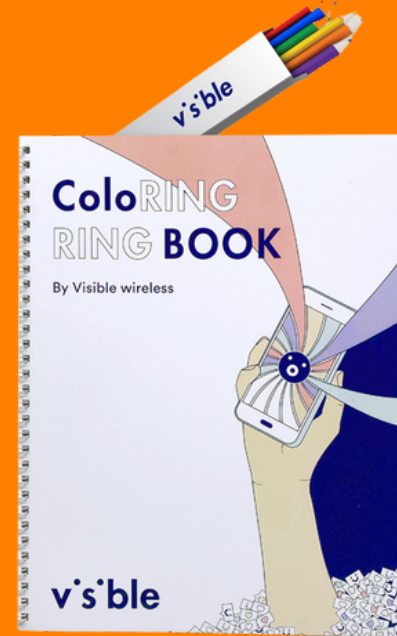
FEELING PLAYFUL

COLORING BOOK

\$10

Visible for Mental Health Coalition

Through Visible's collaboration with several talented artists, this coloring book gives you a deep dive into phone culture and a chance to recharge. Practice mindfulness as you fill in each page knowing that this book supports the work of the Mental Health Coalition



CUDDLY BROWN BEAR

\$22

Bloomingdale's for Child Mind Institute

Bloomingdale's continues its longstanding partnership with the Child Mind Institute (CMI) this season, including the return of the collectible Bloomingdale's Little Brown Bear. For every Little Brown Bear purchased at the regular price of \$22, Bloomingdale's makes a \$5 donation to CMI. Bloomingdale's has partnered with CMI since 2009, raising over \$2 million dollars to support their mission of transforming the lives of children and families struggling with mental health and learning disorders.



STRESS BALL

\$3.95

National Council for Mental Well-being

Breathe in, breathe out and squeeze out some stress with this classic Mental Health First Aid stress ball. Proceeds raised will go to the National Council for Mental Well-being and their mission to make mental wellbeing a reality for everyone

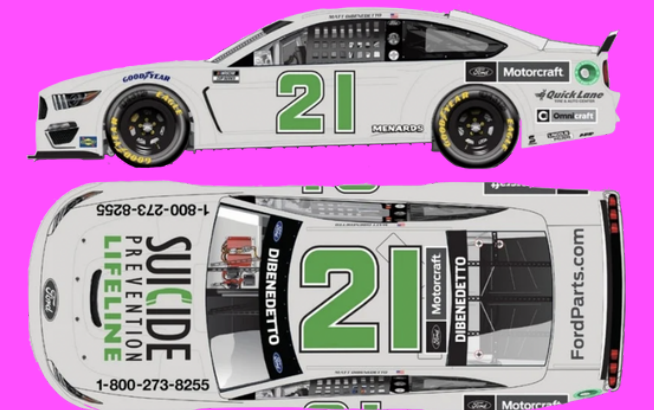


TOY CAR

\$65

Vibrant Emotional Health

1:24 scale ARC Lionel diecast of our Suicide Awareness Mustang. Diecasts will be signed by Matt DiBenedetto and all 3 current Wood Brothers. 20% of the net proceeds will be donated to the National Suicide Prevention Lifeline.



MINDFUL MESSAGES

"I BELIEVE IN YOU"

\$40

Social Goods for Jed Foundation

We all feel down sometimes. But we're coping together. Together, we can spread strength and hope with a simple message, "I believe in you." Our new "I Believe in You" collection benefits the Jed Foundation and their work to protect the emotional and mental health of our nation's teens.



"KINDNESS IS MY SUPERPOWER"

\$32

On Our Sleeves

Every superhero needs a costume, so On Our Sleeves, Ashley Eckstein and Nina West worked with HOMAGE to design this limited edition superhero T-shirt. Show your superpower and help raise awareness about children's mental health. All net proceeds from the sales of this collection benefits On Our Sleeves in providing free educational resources to every community in America.



MEN'S CLASSIC POLO

\$55

Shatterproof

Vineyard Vines Men's Classic Polo in navy with embroidered Shatterproof logo. 100% Cotton. Available in S-XL. Proceeds raised will support Shatterproof and their dedication to reversing the addiction crisis in the US.



"SELF CARE IS NOT SELFISH"

\$40

Prinkshop for Mental Health Coalition

Self care is the tool we need to destress, prioritize, and thrive. It's the foundation for wellness and mental health. It's not selfish! For every Self Care is Not Selfish tee sold, Social Goods will donate \$5 to the Mental Health Coalition.



"THE WORLD NEEDS YOU HERE"

\$35

Active Minds

Show those around you how much they mean to you in Active Minds's new 'The World Needs You Here' long sleeve tee. Wear your heart on your sleeves or gift a tee to someone you care about to help spread this important and live-saving message.



"TOGETHER WE CAN STOP SUICIDE"

\$29.95

Self-Care is for Everyone for American Foundation for Suicide Prevention

Supporting the community directly, and the people and organizations that work within it, has been a part of Self-Care is for Everyone's mission since their launch! 100% of net profits from the sale of this shirt goes to AFSP.

