



Foundation 2
Crisis Services

*"I wouldn't be here
without you."*



Meet Josie

A friend told 22-year-old Josie that Foundation 2 was a safe place to go when life got tough. When Josie began experiencing thoughts of suicide, she came to us.



Our Crisis Stabilization Community Based Services team visited Josie daily. This program provides temporary, intensive support in the home following a mental health crisis.

Josie began therapy and was able to address her mental health concerns. Between therapy sessions, she knew she could call our free crisis line for encouragement and support - any time, 24/7.

Right away, Josie spoke with a member of our crisis triage team. She shared about her struggles. She was interested in therapy, but couldn't miss work and wasn't sure where she could with her insurance plan.

Our counselor listened to Josie's struggles and helped her find mental health resources. Together, they made a plan to keep Josie safe.



*Josie shared,
"I wasn't sure how I'd
keep going forward.
Now, I have hope again.
I wouldn't be here without you."*



Josie is just one of thousands of people who walk in, pick up the phone or send a text message to Foundation 2 Crisis Services for help each year. It's often in one of their darkest moments. We meet each person with compassionate care, understanding and practical support. We help them find a path forward and the resources they need to take the next steps in their journey.

Crisis doesn't wait for a convenient time in your life to appear, and hope shouldn't have to wait either. Because of support like yours, we can be there every time, 24 hours a day, every day of the year.

Our services are truly for *All People*. While we're asking for your financial support today, this letter is also an important reminder that our services are available for you and the people you care about. We hope you share our mission and work with your loved ones. Every opportunity to share about available resources can be life-changing or life saving.

Your donation today ensures that no one faces the tough moments in their life alone. Together, we can make sure that every call, every text and every connection is met with trusted, compassionate care.

Sincerely,

A handwritten signature in blue ink that reads "Emily J. Blomme". The signature is written in a cursive style with a loop at the end of the last name.

**Emily J. Blomme
Foundation 2 Crisis Services CEO**



A trusted support when life gets tough. **All people.** Any time. Every time.

Need support? Connect with us 24/7 at 319-362-2174 or 988.
It's always free and confidential.

Visit us at foundation2.org

