

Walk for Hope

Each year, the Walk for Hope draws thousands of participants from around North Carolina, who come to show their support for family, friends, and community members living with a mental illness.

Every step helps erase the stigma of these life-altering diseases. Come join us in unity with those who suffer, and help renew hope across our state and beyond.



How It Works

By investing in early-stage scientific research, we are filling a critical, unmet need for funding new and innovative research projects that are impacting thousands of lives and changing mental illness outcomes around the world.

The Foundation of Hope's research grants don't just fund great science at the University of Chapel Hill's Department of Psychiatry. They also propel that work into the national spotlight, earning millions of dollars from The National Institute of Health and other organizations. Since 1985, the Foundation has awarded over \$7.4 million in research grants; those funds have leveraged over an **additional \$211 million** in external research funding.

Our Impact

Seed Research Grants Funded

\$7.4M

Federal Funding Leveraged

\$211M



Why We Care

Mental illness touches us all.

1 in 5 American adults experiences a mental illness and now, **due to the pandemic, it's closer to 1 in 3.**

Suicide is the tenth-leading cause of death in the US — **that's 130 suicides a day.**

32 of North Carolina's 100 counties do not have a practicing psychiatrist, but the demand for mental health services is skyrocketing. There continues to be a **tsunami of need.**

We all have a stake in this.



The Foundation of Hope was created by a family who knew that even those who don't live with a mental illness can still suffer because of one. That we need to change the conversation about these illnesses.



It may not be you — but it's definitely someone you know. Someone you love.

There is no health without mental health.

Our mission is to promote scientific research aimed at discovering the causes of and potential cures for mental illness, to develop more effective means of treatment.

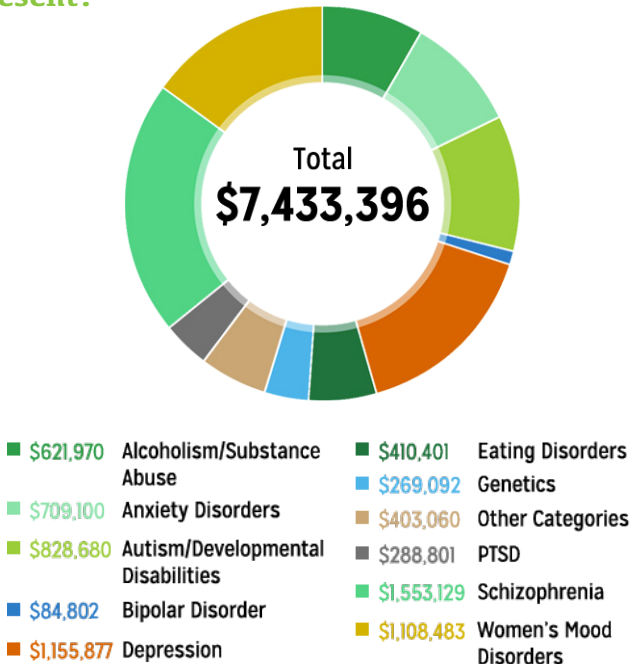
We also strive to destigmatize mental illness, to foster constructive dialogue that helps **change the way we think and talk about those who suffer.**

We couldn't do this without our extraordinary community — thank you for supporting us.

What We Do

The Foundation has awarded over \$7.4 million to 172 research projects at the UNC-Chapel Hill Department of Psychiatry, a national leader in psychiatric research.

Foundation of Hope Funded Grants 1985 to Present.



Research Examples

This funding has supported innovative pilot studies, or “seed grants,” that earned an additional \$211 million from federal and private institutions.

Depression

Treating mood disorders with non-invasive brain stimulation

Seed Grant: \$40,000
Additional Funding: \$2.25 Million

Autism

Infants at risk for autism

Seed Grant: \$39,999
Additional Funding: \$10 Million

Addiction

Evaluating oxytocin in opioid withdrawal

Seed Grant: \$50,000;
Additional Funding: \$2 million.

Eating Disorders

The genetics of anorexia nervosa

Seed Grant: \$40,768
Additional Funding: \$7.2 Million

CHAAMP

FOH Child and Adolescent Anxiety and Mood Disorders Program (CHAAMP)

- This state-of-the-art CHAAMP program will be the first of its kind in NC, turning brilliant ideas into tangible solutions
- \$1 million commitment
- **Leadership gift: \$500,000**
- Desperate need for transformative research innovation to combat an escalating mental health crisis
- Recruiting a nationally-known Scholar to develop research in anxiety and mood disorders and train future clinician-scientists
- Teen suicide rates are at an all-time high, but CHAAMP will give children a chance for healthy, productive lives



How You Can Help

DONATE

Your donation will help support groundbreaking research projects and vital community initiatives.

VOLUNTEER

Giving time is important, too! We welcome support throughout the year and at our annual events.

SPONSOR

Our events wouldn't be possible without the generous sponsorship of businesses large and small.

HOST

Gather friends, family, and community members at your own special fundraiser.

"The FOH brings transformative ideas to life by funding cutting-edge research that each day brings us closer to their bold vision of ending the suffering of mental illness."

—Samantha Meltzer-Brody, M.D., M.P.H.
Assad Meymandi Distinguished Professor and Chair
UNC Department of Psychiatry





FOUNDATION *of* HOPE

Breakthrough Research for Mental Illness





FOUNDATION *of* HOPE

Breakthrough Research for Mental Illness



9401 Glenwood Ave, Raleigh, NC 27617
walkforhope.com | 919-781-9255





Our Galas

Each year, we hold two events to draw attention to those who struggle with mental illness, to celebrate the heroes who work on their behalf, and to raise funds for life-changing, life-saving research. We raise our glasses to a brighter future for the 1 in 5 Americans who suffer from a mental illness.

Learn more about the Evening of Hope and Igniting Hope on our website.

walkforhope.com

LeAnn Rimes

2021 Evening of Hope Keynote Speaker