



September 2023

Dear Friends,

I hope you had a happy September! The photo above was taken at the Student Mental Wellness Conference in Anaheim, California which we attended earlier this month. We also joined our friends at Survivors of Suicide Loss for their annual Walk in Remembrance and thanks to your support, we were able to send more Cubs to children in Maui who lost their school in the wildfire.

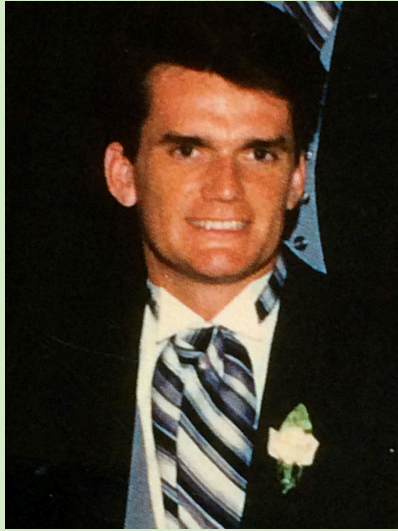
Mental health is very important to us here at The Comfort Cub. That's why we like to bring attention to the fact that September is National Suicide Prevention Month. I have been personally affected by this great sadness. I lost my younger brother, Guy, to suicide when he was only 31 years old. The heartache it brings to all involved is almost unbearable. I wanted to share about my brother in hopes to help de-stigmatize this issue that affects one in five American adults. All of us probably know someone who has in

someway been affected by this issue. The more we discuss it out in the open, the more people can begin to be healed.

Thank you for continuing to help us bring hope to so many by providing therapeutic healing Comfort Cubs. Together we are letting hurting people know they are not alone.

Warmly,

Marcella



Bringing Awareness

This is my beloved brother, Guy Luke Millot. He was handsome, athletic, easy going, kind, friendly and my best friend when we were young. Not a day goes by that I don't miss him. He is the reason why helping people with mental wellness is so important to me. I wish there was this kind of awareness 20 years ago. - Marcella



Suicide Awareness & Prevention

The National Action Alliance for Suicide Prevention and the [988 Suicide & Crisis Lifeline](#) know it is possible to reduce deaths from suicide. For every person who dies by suicide annually, there are another 316 people who have thought seriously about suicide who don't kill themselves, and nearly 60 who have survived a suicide attempt. The overwhelming majority of these survivors will go on to live out their lives and have untold stories of hope and recovery. For more information on how you can help, please read the five action steps on suicide prevention from [BeThe1To](#).

While we know the Comfort Cub is not a substitute for medical treatment or counseling by a trained professional, many counselors and individuals have told us that the Comfort Cub provides something tangible to hold on to. If you or someone you know could benefit from a Comfort Cub, please visit our [website](#).



Walk in Remembrance

The Comfort Cub was invited by our friends at [Survivors of Suicide Loss](#) for the 2nd year in a row to participate in the Walk in Remembrance - Hope Is Just A Step Away event. The Comfort Cub provided hugs to family and friends who gathered to remember and support one another as they raised awareness for suicide prevention. It is always special to see how much love and healing is gifted and received with each Comfort Cub.

A Recovering School

Once again this month, we worked with Disaster and Victim Services, volunteer Paul Bornhoeft and Alaska Airlines to make a second drop off of Comfort Cubs to our friends in Maui. The children who received a Comfort Cub have been displaced after their school burned down. With your help, we were able to provide a Comfort Cub for every family at the school. One child said “It felt like Christmas” to be able to receive his very own Comfort Cub. We are so happy to bring a little bit of joy during such a difficult time.



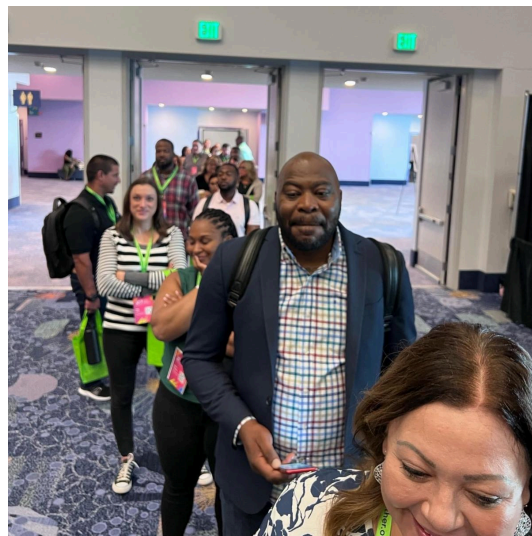


The Comfort Cub featured on Nightline

Our work in Maui was recently featured on ABC Nightline. Watch our wonderful volunteer team hand out Comfort Cubs to the children at the 6:16 minute mark.

7th Annual Mental Wellness Conference

We participated in our very first mental wellness conference, put on by the state of California and Wellness Together. It was a big success! There much interest in using the Comfort Cubs in wellness centers across the state. These are places that students can go to when they are feeling vulnerable and in need of extra support. We hope to continue working with the schools to find funding through the LEA Medi-Cal Billing Option Program (LEA BOP) to provide this important therapeutic tool to their students who desperately need them.



I am a school nurse. I would like to have a Comfort Cub available to students having a hard time at school. I intend to use this Cub for my students experiencing grief. Last school year a student passed away in a MVA, another student lost a parent, and another lost a sibling. A Comfort Cub hug can help these students transition back to school after experiencing loss.

- V. Hernandez

[Donate Now](#)



I am currently undergoing chemotherapy. Ahead is 20 continuous days of radiation, followed by up to another year of chemotherapy. My daughter is my best friend and full-time caregiver. I got such a warm feeling when I saw your comfort bears. It would be so therapeutic and comforting to us both. I would love to provide one for my selfless, caring, hardworking daughter. She is going through a lot, physically, mentally, & emotionally, caring for me around the clock.

- Valerie A.



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