



ALIA VELASQUEZ

CAREGIVERS

DHALIA CEBALLOS
VIOLET MEDINA



Our Mission

We are the Caregivers. Our team uses communication, empathy, and active listening to help people struggling with mental health. We are providing online resources like talking therapy and self-help tools to support people so they can find the help they need to feel better.

Our Skills

Communication
Empathy
Active Listening

Target Audience

People with Mental Health Disorders
Unemployed Community Members
Family Members
Community of Norwalk

The Challenge

Mental health problems affect many people and can lead to homelessness, unemployment, and family issues. Some causes of mental illnesses are genetics, poverty, and a person's social environment. When people do not have the help they need, they might feel alone, have suicidal thoughts, or lose meaningful relationships. This is a big issue because if it's not solved, more people may harm themselves or even take their own lives. People are suffering alone while others act like it's not their problem. How many more lives have to be lost before we care? It's time to stop ignoring this issue and start providing real support for our communities.

Our Plan of Action

Fundraising/Money Source: Suicide hotline, The Trevor Project, Rape Abuse and Incest National Network (RAINN)

Resources/Materials Needed: Employees, personal traits, social support

Potential Partnerships: LA County, the fifth house

Communication/Promotional Ideas: Flyers, Norwalk community Group

Call to Action: We want people to ask their loved ones if they're okay when they notice something is off about them; just a simple question can help change that for them. Our call to action benefits multiple lives that are struggling throughout our community.

Evaluating Success

To evaluate our fundraising efforts for suicide hotlines, the LA County, and the fifth house, and mental health hotlines, our goal is 500 dollars. We want to at least help 20 people a day which is 140 people by the end of each week. We want people to ask their loved ones if they're okay when they notice something is off about them; just a simple question can make a change for them. Our call to action will benefit multiple lives of those who are struggling throughout our community. Potential challenges that we might face include promotion, but we can solve this issue by using platforms on the internet and spreading the word around to everybody that we know so they can connect with others, and so on.