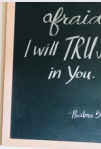


WHO WE ARE

We are on a mission to end loneliness. We do this by encouraging and empowering people and partners to connect with others who matter in their lives.



WHY LONELINESS?

Loneliness is perceived social isolation or the subjective feeling of being alone. Said another way, it is the inability to connect in meaningful ways that give us a sense of significance and belonging. Loneliness is significantly harmful to both physical and mental health. We have seen firsthand the devastating effects of loneliness. So we are on a mission to end it.

“LONELINESS IS ONE OF THE GREATEST HEALTH CONCERNS PEOPLE FACE.”

— HARVARD HEALTH

OUR VALUES

RESPECT
EMPOWERMENT
COURAGE
EXCELLENCE
JOY



THE SOLUTION TO LONELINESS IS CONNECTION.

Real, personal, vulnerable, connection. In a world where connection should be easier than ever, it is easier than ever to disconnect. Only7Seconds is on a mission to create a world in which intentional connection is constantly encouraged and loneliness ceases to exist.

A SNAPSHOT AT OUR IMPACT:

31K

Organic website views from Jan 2021 to Dec 2021

7.7K

Engaged social media followers

1K+

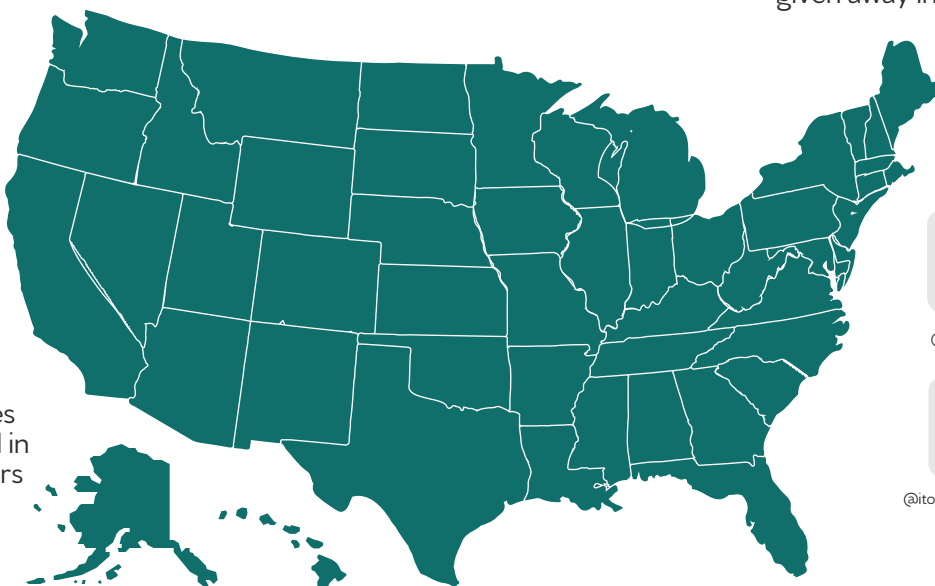
Merchandise sales in 2021

8K

T-shirts, yard signs, hope notes, wristbands, and care packages given away in 2021

50

All 50 states represented in website users



@only7seconds



@itonlytakes7seconds





ADVOCACY & AWARENESS

Through community events, business partnerships, media production, materials and products, speaking engagements, and other various campaigns and activities, we advocate for change by raising awareness of loneliness and the importance of intentional connection.



THE CONNECTION CURRICULUM

The Connection Curriculum is a school and youth program that inspires intentional connection and encourages those that feel lonely. We equip teachers to create an environment where meaningful conversations take place and students learn skills to address loneliness and connect with others.



THE AMBASSADOR PROGRAM

The Ambassador Program equips those who are passionate about starting conversations that matter by reminding them to intentionally connect with their people and inspire & activate their communities.



THE "I KNOW LONELY" PROJECT

By sharing stories, we remind people that they are not alone in the experiences they face and provide opportunities for connection. The I Know Lonely project shares personal stories of loneliness and connection through visual, audio and written content. Discussion questions, activities and resources will be curated for school/youth, adults, and families!

launching in September!

ANNUAL PARTNER OPPORTUNITIES

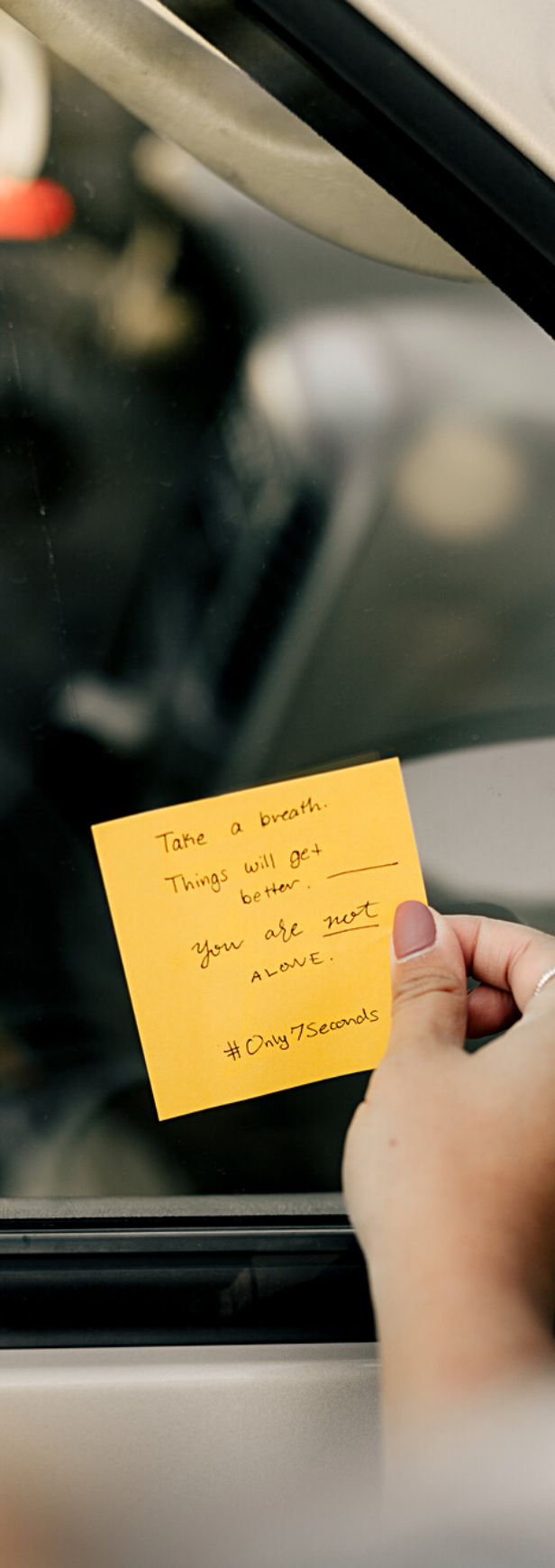
EXCLUSIVE PRESENTING PARTNER - \$50,000

- Recognized as our Presenting Partner for one year
- Unique co-branded and designed Hope Note. 500 produced for your use
- Logo prominently displayed on Only7Seconds website homepage with link to website
- Exclusive spotlight on social media
- Recognized in every podcast as "presented by"
- Option to have two advertisements in newsletter
- Press release announcing company's commitment as Presenting Partner
- Opportunity to include a small pamphlet in program boxes (Ambassadors and Schools)
- Private tour of Only7Seconds headquarters & dinner with Only7Seconds' Executive Director and other representatives
- Recognized during one month as a monthly storytelling partner
9 stories available: September-May. First story selection. This includes:
 - Every social media post regarding the story is "presented by"
 - Podcast recognition as the story "presented by"
 - Video recognition as the story "presented by"
 - Email recognition as "presented by" on all email communication regarding the story
 - Prominent recognition on the website as storyteller "presented by"
 - Included on all school and youth communication as this month "presented by"
 - Logo on all storyteller emails
- Option to showcase a 30 second to 1 minute video of your company engaging with Only7Seconds
- Logo with presenting space on Only7Seconds Partner website page with link to your website
- Logo with presenting space on monthly newsletters
- Recognized as Presenting Partner at annual Gala
- Recognized as Presenting Partner on quarterly School Emails
- Recognized as Presenting Partner on quarterly Executive Update Emails
- Exclusive monthly partner email with insights, information and recommendations regarding connection and loneliness
- First right of refusal for all events
- 5 Care Packages or 10 Only7Seconds T-shirts
- 20% off all Only7Seconds Merchandise

"Only7Seconds is actively fighting loneliness by encouraging people to use whatever is at their disposal to reach out and to let people know they are not alone. We all are longing for hope and seeking to belong. Only7Seconds is a powerful movement that is reminding the world of the truth - there is hope and you do belong."

– TAYLEN GILDEN, LICENSED MENTAL HEALTH COUNSELOR





VISIONARY PARTNER - \$25,000

- Recognized as a Visionary Partner for one year
- Recognized as a monthly storytelling partner (9 stories available: September–May). Second story selection. This includes:
 - Every social media post regarding the story is "presented by"
 - Podcast recognition as the story "presented by"
 - Video recognition as the story "presented by"
 - Email recognition as "presented by" on all email communication regarding the story
 - Prominent recognition on the website as storyteller "presented by"
 - Included on all school and youth communication as this month "presented by"
 - Logo on all storyteller emails
- Logo on quarterly School Emails
- Logo on quarterly Executive Update Emails
- Press release announcing company's commitment as partner
- Logo prominently displayed on website homepage with link to website
- Exclusive spotlight on social media
- Option to have one advertisement in newsletter
- Logo on Only7Seconds Partner website page with link to your website
- Exclusive monthly partner email with insights, information and recommendations regarding connection and loneliness
- First access to support events all year
- 5 Care Packages or 10 Only7Seconds T-shirts
- 10% off all Only7Seconds Merchandise
- Logo on monthly newsletters
- Visionary Sponsor for Annual Gala

"After experiencing a brain injury at 14, I experienced first hand what it felt like to be alone, feel hopeless and isolated. Nine months into my injury moments before I attempted suicide, one of my friends texted me. It changed everything for me. This is why I love this message and organization— it is so needed and important!"
— Jamie



STORYTELLING PARTNER - \$10,000

- Recognized as a Storytelling Partner for one year
- Recognized as our monthly storytelling partner (9 stories available: September-May). This includes:
- Every social media post regarding the story is "presented by"
 - Podcast recognition as the story "presented by"
 - Video recognition as the story "presented by"
 - Email recognition as "presented by" on all email communication regarding the story
 - Prominent recognition on the website as storyteller "presented by"
 - Included on all school and youth communication as this month "presented by"
 - Logo on all storyteller emails
- Logo on quarterly School Emails
- Logo on quarterly Executive Update Emails
- Logo on Only7Seconds Partner website page with link to your website
- Exclusive monthly partner email with insights, information and recommendations regarding connection and loneliness
- First access to support events all year
- 2 Care Packages or 5 Only7Seconds T-shirts
- 10% off all Only7Seconds Merchandise
- Logo on monthly newsletters
- Storytelling Sponsor for Annual Gala

CONNECTION PARTNER - \$5,000

- Recognized as a Connection Partner for one year
- Choice of recognition on:
 - 2 Podcast Episodes
 - Logo on one storytelling webpage
 - Exclusive highlight on a monthly newsletter
- Logo on Only7Seconds Partner website page with link to your website
- Exclusive monthly partner email with insights, information and recommendations regarding connection and loneliness
- First access to support events all year
- 2 Care Packages or 5 Only7Seconds T-shirts
- 10% off all Only7Seconds Merchandise
- Logo on monthly newsletters
- Connection Sponsor for Annual Gala



COMMUNITY PARTNER - \$2,500

- Recognized as a Community Partner for one year
- Logo on Only7Seconds Partner website page with link to your website
- Exclusive monthly partner email with insights, information and recommendations regarding connection and loneliness
- First access to support events all year
- 2 Care Packages or 5 Only7Seconds T-shirts
- 10% off all Only7Seconds Merchandise
- Logo on monthly newsletters
- Community Sponsor for Annual Gala

IMPACT PARTNER - \$1,000

- Recognized as a Impact Partner for one year
- Logo on Only7Seconds Partner website page with link to your website
- Exclusive monthly partner email with insights, information and recommendations regarding connection and loneliness
- First access to support events all year
- 1 Care Package or 2 Only7Seconds T-shirts
- 10% off all Only7Seconds Merchandise

SUPPORT PARTNER - \$500

- Recognized as a Support Partner for one year
- Name on Only7Seconds Partner website page with link to your website
- Exclusive monthly partner email with insights, information and recommendations regarding connection and loneliness
- 1 Care Package
- 10% off all Only7Seconds Merchandise

FRIEND - \$250

- Recognized as a Friend for one year
- Name on Only7Seconds Partner website page with link to your website
- Exclusive monthly partner email with insights, information and recommendations regarding connection and loneliness

Funds will go to support the growth and expansion of our mission to end loneliness and inspire people to intentionally connect. Specifically, this will fund program capacity expansion and organizational infrastructure to continue to develop and expand services.

FOR MORE INFORMATION

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WWW.ONLY7SECONDS.COM

