



Can You Hear Me? Backgrounder

We **Hear** You and We Are **Here** for You

OVERVIEW

Can You Hear Me? (CYHM?) is a [501c3] non-profit organization dedicated to helping teens and young adults find their voices and utilize them to effectuate positive change within their own lives and the lives of others. Typically, getting teens to share with anyone other than another teen can be a difficult task. However, knowing that music has the power to transcend barriers as well as inspire and unite this age group, CYHM? has partnered with multiple bands, musicians, and others in the music industry, to encourage teens and young adults to speak up and be heard. CYHM? is reaching teens in multiple ways. Can You Hear Me? is changing commonly held societal beliefs about mental illness and reaching thousands of teens and young adults. CYHM? listens. CYHM? hears. CYHM? is here to give a platform for teens and young adults to speak out, express themselves, and be heard without lecture, judgment, hostility, conflict, condescension or reaction. At CYHM.org teens have a safe platform where they can share their stories without fear, without judgment, anonymously or not, and enter a community where teens support each other, feel heard, and have access to multiple resources.

MISSION

Over the past four years CYHM? has reached hundreds of thousands of teens and young adults in need through various outreach efforts. These efforts include, Vans Warped Tour, SXSW, High School Nation Tour, online interactions, social media influencer partnerships, and providing opportunities for their teen reps., such as taking part in an internationally released music video. Last summer was CYHM?'s third year on the Van's Warped Tour. Their activation included a "Secrets Box", which allowed attendees to share their secrets anonymously and without judgment, band signings where kids had the opportunity to meet their favorite artists, and included teen representatives in their weekly Idobi Radio video series, Misfit Mondays. CYHM? was on Warped Tour in 2017 when Chester Bennington died by suicide. The founders were so deeply saddened and knew they needed to find a way to do more in the wake of this tragedy. They started doing signings with the main stage bands on the tour with all donations from those signings going to MusiCares specifically for musicians and their families who struggle with mental health in Chester Bennington and Chris Cornell's names. In upcoming CYHM? events, they have decided to continue these efforts by partnering with MusiCares to continue helping this population.

BACKGROUND

Jessica and Ashley's lives were forever changed in 2004 when they learned their nephew and cousin, Thomas, died by suicide at just 18 years old. After that, Jessica worked as a corporate attorney for many years, serving on legislative committees for suicide prevention and volunteering for the AFSP. Ashley attempted to start conversations in her high school about suicide awareness, but to no avail. They recognized that there were still so many teenagers and young adults who needed help and felt like they were not heard and wanted to create a space for them to feel safe and be able to talk about what was going on in their lives. After feeling that there was still not enough being done for teens affected by mental health issues and suicide, they founded Can You Hear Me? in 2015. CYHM? seeks to empower young people and help them understand that they are never alone.

EXECUTIVE TEAM

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