





## MISSION

Founded in 2015, Can You Hear Me? (CYHM?) 501(c)(3) collaborates with other like-minded companies and people to raise awareness, take action and provide a supportive, empowering community for teens struggling with issues such as mental health, bullying and peer pressure. CYHM? aims to help teens and young adults use their voices to positively effect change within their own lives and the lives of others. By using the power of music to encourage and inspire individuals to share their experiences, CYHM? is able to address difficult topics such as mental health, addiction, bullying and LGBTQ+ issues.

**1 IN 8**

children and teens  
experience depression  
each year <sup>1</sup>

**2ND**

leading cause of death  
among 15 to 24 year olds is  
suicide <sup>2</sup>

**1 IN 5**

adolescents experience a  
severe mental health  
disorder in their life span <sup>3</sup>

## WHAT WE DO

CYHM? as a movement seeks to empower teens and young adults to speak up and be heard. We spread our message through national music festivals, artists tours and school programs. CYHM? utilizes various social media channels (Facebook, Twitter, Instagram) and [www.cyhm.org](http://www.cyhm.org) as platforms for connecting and sharing experiences. Hundreds of volunteers are recruited each year to help carry out and promote CYHM?'s mission.

## PARTNERS

Vans Warped Tour  
High School Nation  
SXSW

MusiCares  
Watsky  
Futuristic

Ignite Treatment Centers  
Idobi Radio

## CONTACT

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<sup>1</sup> Federal Interagency Forum on Child and Family Statistics. (2017).America's children: Key national indicators of well-being, 2017: Adolescent depression. Retrieved from [childstats.gov/americaschildren](http://childstats.gov/americaschildren)

<sup>2</sup> U.S. Department of Health and Human Services. (2017). Suicidal behavior. Retrieved from [mentalhealth.gov/what-to-look-for/suicidal-behavior](http://mentalhealth.gov/what-to-look-for/suicidal-behavior)

<sup>3</sup> U.S. Department of Health and Human Services, National Institute of Mental Health. (2017). Mental illness. Retrieved from [nimh.nih.gov/health/statistics/mental-illness.shtml](http://nimh.nih.gov/health/statistics/mental-illness.shtml)