



just breathe

Will You Consider Giving
One of the Following this Spring?

1.) \$100 for a Box of Hope (or \$100 monthly: Sponsoring a Box each month)

Helping fund one or more of the 150-200 Boxes of Hope to be gifted to families this year who have recently lost a loved one to overdose or suicide. These gifts will encourage recipients to hold on to hope as they grieve an extremely traumatic & complicated loss.

2.) \$500 - \$1000 for a Video of Hope

Funding the production and widespread media distribution of twelve one-minute testimonies of men and women who contemplated or attempted suicide, yet held onto hope and obtained the help to live full lives today.

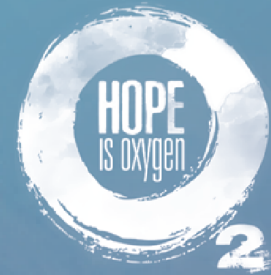
3.) Any Amount

Any amount you choose to be used in a variety of ways for Hope is Oxygen to continue spreading hope and mental health in a challenging world.

**Light ALWAYS
overcomes
darkness.**

Thank you for
partnering with us
to share the light
of hope and mental
health resources.
**We cannot do it
without you!**

- Linda and Allison,
for all at Hope Is
Oxygen



hopeisxygen.org

Dear Friend and Partner
in Sharing Hope,

Jesus brings beauty from ashes. At Hope is Oxygen, we are resolved to be His hands and feet as we strive to bring beauty from the ashes in a world hit hard by COVID.

We would like to share with you an opportunity to sew seeds of HOPE with us, and be a part of an outreach that is making a tangible difference.

Together, we can push back the
darkness and change...even
SAVE lives! So many doors are
opening, but to reach people,
we need funds!

Hope is Oxygen is a 501(c)(3) exempt
organization. No goods or services
were provided in exchange for your
contribution.

Suffering In Silence

As the Washington Post reported in late 2020: "Since the coronavirus arrived, depression and anxiety in America have become rampant. Federal surveys show that 40% of Americans are now grappling with at least one mental health or drug-related problem. But young adults have been hit harder than any other age group, with 75% struggling."



"Even more alarming, when the Center for Disease Control and Prevention recently asked young adults if they had thought about killing themselves in the past 30 days, one in four said they had."



In 2020, over 100 volunteers gave up their valuable time to spread hope & mental health resources, and many more partnered with us financially to assure we had funding needed! We are grateful for you, as you have been a critical part of increasing our reach on a Local, State, National and even International level.

Hope Will Prevail!

Last year, we had the honor of gifting our Hope and mental health resources to people at institutions such as the student body of OSU and Rogers State University, many Oklahoma prisons, Stillwater Police Department, nursing homes, and even the U.S. Military In the USA, South Pacific & South Korea.



This year, our amazing volunteers have already lovingly prepared and gifted over 30 Boxes of Hope to families grieving the recent death of their loved ones from suicide or drug overdose, prepared over 250 Valentines Gift Sacks to those homeless in Oklahoma and Texas, worked on special Boxes of

Hope for 29 survivors of Warren Jeff's polygamous cult & are preparing more mental health resources for Oklahoma State University's Mental Health Awareness Week in April. Each hope and help resource given represents the possibility of a life saved. PRICELESS!

Thank You

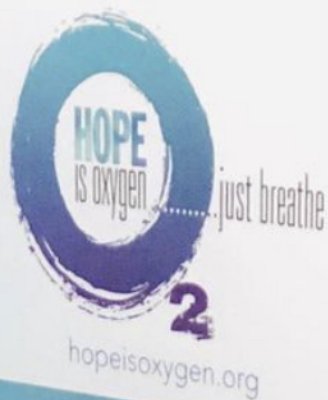
"He has sent me to comfort the brokenhearted, to proclaim release for the captives... to console those who mourn... to give them a crown of beauty for ashes...a garment of praise for a spirit of despair." Isaiah 61

We are grateful and thankful to God and for each of you for being a huge part of spreading hope and mental health resources on a Local, State, National and even International level in 2020.

And we are asking you...many of you once again, if you will partner with Hope is Oxygen as an Ambassador of Hope this Spring!



We truly are stronger together, and your prayers, financial support, donations in kind for special outreaches, and volunteering are so critical to our mission of Restoring Hope and Preventing Suicide.



HOPE RESTORED. LIVES SAVED.

There is a suicide every 11 minutes in America. Today, and every day, 120 Americans will lose their life. Suicide is the 4th leading cause of death in the USA, with a 33% increase from 1999-2017. Suicide is an epidemic in America, with 1 common denominator: the individual has lost HOPE.

Dear Friend, will you continue to help us change this heartbreaking statistic?

**HOPE is essential.....
like life giving oxygen.**

- HOPE RESTORES LIFE
- HOPE HEALS WOUNDS
- HOPE SUSTAINS DURING THE DARKEST OF TIMES
- HOPE CHANGES LIVES

**CHANGED LIVES CHANGE THE WORLD.
AND THAT BECOMES THE MOST POWERFUL
RIPPLE EFFECT.**

HOPE RESTORED. LIVES SAVED.

Thank you for spreading hope with us in 2019: A miraculous, God-sized year for Hope is Oxygen!

With the help of prayer, your donations and volunteering your time, much has been accomplished:

MINING FOR 2020:

Claremore's Chamber of Commerce Luncheon regarding the power of Hope in health practices & suicide prevention in the distribution of the new "988" updated Suicide Hotline Number, passed in the past December.

le at the April Chickasaw Nation Dynam-ference with our Hope Resources. We h the Creek Nation and Otoe-Missouri peful this is the beginning of a dynamic the Chickasaw nation and their many nwide.

ur 501c3 status.

others to promote and grow the Tulsa ness Walk to honor those families who d one to suicide and promote suicide

osting a Soul Shop in 2021 in Tulsa - s, youth pastors, lay leaders, social practices for suicide prevention.

JOIN US! PRAY FOR US! DREAM WITH US!

Order Hope Materials to share -
they will always be our gift to you.

And then, Dear Friend, will you
help us restore hope and change the
heartbreaking statistics?

100% of your tax deductible donation will be
used for the distribution of hope resources.

Mail your tax deductible donation to:

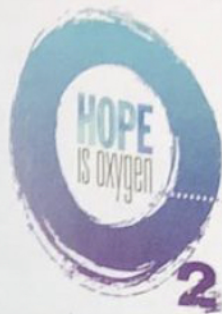
Hope is Oxygen
Linda Pulver
4019 E. 82nd Pl.
Tulsa, OK 74137

or

donate via Paypal on our website.

Hope is Oxygen,
An Oklahoma Registered Nonprofit

hopeisxygen.org



hopeisxygen.org

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