



Be the
CHANGE
IN MENTAL HEALTH

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Phone: (707) 800-7568

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The following text is provided to aid you in promoting and endorsing BTC in Mental Health. Recognizing your busy schedule, we have crafted some written content for you to customize according to your unique needs and style. Thank you again for your ongoing support. We truly appreciate it!

Email - Digital Introduction of Be the Change in Mental Health

Be the Change in Mental Health is a California Non-Profit 501(c)(3) Corporation formed to bring cutting-edge therapies to help people with a range of goals, from overcoming treatment-resistant mental health conditions to supercharging current well-being to achieve greater meaning, depth and thriving in life.

Our mission is to deliver this form of life-saving therapy to millions of humans across the socioeconomic spectrum. Treatments are conducted according to strict scientifically proven protocols, by licensed professionals, according to the rules and regulations of the Department of Justice, the California Board of Medicine and the Multidisciplinary Association for Psychedelic Studies (MAPS).

Email - Fundraising for Be the Change in Mental Health

At Be the Change in Mental Health, we rely on donations to fund our programs. We genuinely appreciate gifts of all sorts. To maximize your impact right now and help us solve our country's mental health crisis, here are the most effective ways you can contribute. We also have a fundraiser currently running here ([link](#))

Note that you can also donate by texting BETHECHANGE (all caps) to 53-5555.

Your financial contribution to Be the Change in Mental Health plays a crucial role in providing essential mental health services to those suffering from depression, anxiety, and other mental and health conditions. We work with individuals of all walks of life. We work closely with first responders and veterans who, because of the nature of their work, can experience significant anxiety. When you choose to donate, you stand alongside us as we provide hope for all of our patients.

We use your donations to be able to offer scholarships for patients to receive treatments, including: medicine, TMS or KAT treatments and psychotherapy. At BTC, our commitment is to bring hope and recovery to all those who need mental healing and want to live in mental wellness. This becomes possible thanks to individuals and companies like you who generously donate to Be the Change in Mental Health.



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Email – Introducing mental health services for First Responders

As paramedics, firefighters, police officers, emergency room doctors and nurses, 911 dispatchers or EMTs, first responders routinely face high-stress situations. These brave men and women are exposed to life-threatening emergencies, accidents, natural disasters, and acts of violence on a daily basis. These experiences can be emotionally and psychologically overwhelming, and over time, they can lead to the development of anxiety disorders. The consequences of anxiety among First Responders can be severe and far-reaching. This is where the services provided by BTC in Mental Health can be extremely helpful.

We offer two innovative, cutting edge, modalities that are legal, safe and highly effective for mental health issues that can hamper the mental wellness of First Responders. Both Ketamine-assisted Psychotherapy (KAP) and Transcranial Magnetic Stimulation (TMS) have an efficacy rate of over 80% with sustained durability.

Our goal is to make these two compelling therapies more accessible and more affordable to those in our First Responder community. By helping raise funds, you also raise the awareness of mental health issues, which in turn helps to minimize the stigma so often associated with mental health struggles. Your donation can assist First Responders in the quest for mental wellness, making resilience a mainstay in their lives.

Email – Introducing mental health services for Veterans

We, at Be the Change in Mental Health, are proud to provide proven treatments to support mental health recovery of our valued Veterans. We offer two innovative, cutting edge, modalities that are legal, safe and highly effective for mental health issues that can hamper the mental wellness of Veterans. Both Ketamine-assisted Psychotherapy (KAP) and Transcranial Magnetic Stimulation (TMS) have an efficacy rate of over 80% with sustained durability.

Addressing the stigma associated with mental health in the military and society is paramount to ensuring that Veterans facing mental health challenges receive the support they need. Far too often, the fear of being labeled as weak or unfit for duty has prevented military personnel from seeking help for mental health issues. However, normalizing the act of seeking help and promoting open dialogue can break down these barriers. By helping raise funds, you also raise the awareness of mental health issues, which in turn



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helps to minimize the stigma so often associated with mental health struggles. Your donation can assist Veterans in the quest for mental wellness, making resilience a mainstay in their lives.

Why BTC? There is great complexity in addressing the mental health struggles among those who have served our country. Understanding Veterans' unique mental health struggles is of the utmost importance and we, at BTC, are ready to help with the often-hidden emotional wounds that many veterans bear after their service. **STOP THE DOWNWARD SPIRAL NOW!** (Link to Fund for pilot program)

Email – Introducing mental health services for Victims of Sexual Abuse and Trauma

In a world where strength often emerges from vulnerability, the journey to healing after experiencing trauma or sexual abuse can be a profound testament to the resilience of the human spirit. For women and men who have faced such harrowing experiences, the impact on their mental and emotional well-being can be overwhelming. However, there is a beacon of hope: BTC and its pioneering approach to healing through our two innovative, cutting edge, modalities that are legal, safe and highly effective for mental health issues that can handicap the mental well-being of victims of sexual or domestic violence.

At BTC, we offer renewed hope and empowerment for men and women dealing with the mental conditions that often accompany trauma and sexual abuse.

Both our healing modalities, Ketamine-assisted Psychotherapy (KAP) and Transcranial Magnetic Stimulation (TMS), have an efficacy rate of over 80% with sustained durability for depression, anxiety, and PTSD.

Our ultimate goal is to instill hope and empowerment in women and men who have faced trauma and sexual violence. We understand that the journey is not just about healing; it is about transformation. With our guidance and treatment options, men and women can find the strength to heal, grow, and reclaim their lives. We firmly believe that every person has the potential to overcome adversity and emerge stronger.

Your donation will help fund retreats for women or men who have experienced sexual or domestic violence in their lives. These retreats offer a nurturing, supportive, and healing environment. Held in restorative settings, our retreats are an opportunity to focus solely on your healing journey, without the encumbrances of home, work, and family. Participants leave our retreats having experienced joyous support in their healing journey; refreshed with a new set of tools to utilize in everyday life.