

THINGS WE DON'T SAY™

CRAFT BEER FOR MENTAL HEALTH

CRAFT BEER BY THE NUMBERS

THINGS WE DON'T SAY IPA: CRAFT BEER FOR MENTAL HEALTH RECAP

The THINGS WE DON'T SAY IPA project was created to help shift how we approach mental health by encouraging people to talk about their experiences and to demonstrate the importance of asking for help when we need it.

By participating in this project, breweries from around the globe used their platforms to stand up for those who suffer in silence with their mental health, share resources, and start the conversation with their communities.

204

BREWERIES PARTICIPATED

\$85K

RAISED IN DONATIONS

5

COUNTRIES REPRESENTED

30

U.S. STATES REPRESENTED

15

VETERAN OWNED BREWERIES

\$

Funds received through an online donation or by check help fund our resource distribution and mental health education programming.

342+

PEOPLE EDUCATED

25K+

RESOURCES DISTRIBUTED



H.F.T.D. offered participating breweries free mental health education sessions to teach general skills needed to take action on our personal mental health and be supportive to peers in our community.



Each participating brewery was provided accessible physical or digital resources to share with their community.

