2025

Annual Impact Report

CONNOR'S CLIMB FOUNDATION
YOUTH SUICIDE PREVENTION

Dear Friends, Supporters, and Community Partners,

As we reflect on 2025, we are filled with gratitude for the growth and impact we have achieved together through Connor's Climb Foundation.

Throughout the year, Connor's Climb Foundation continued delivering evidence-based suicide prevention programming, including SOS Signs of Suicide, community trainings, and Youth Mental Health First Aid. We also saw incredible momentum in our Youth Ambassador Program, where students across multiple schools used their voices, creativity, and lived experiences to challenge stigma and promote help-seeking among their peers.

Our Stick it to Stigma program experienced remarkable growth in 2025, expanding into more schools, athletic communities, and youth-centered spaces than ever before. What began as a stigma-reduction initiative continues to evolve into a powerful movement led increasingly by young people themselves. Youth Ambassadors and student leaders have taken ownership of awareness campaigns, school events, peer outreach efforts, and creative advocacy projects, demonstrating that youth voices are not only essential to this work but are helping shape its future. These youth-led initiatives are fostering authentic peer-to-peer conversations, building stronger school communities, and inspiring a new generation to lead with courage, compassion, and purpose. Through community awareness events, Stick it to Stigma brought together students, athletes, educators, families, and supporters in powerful ways, helping normalize conversations around mental health and ensuring young people know they are never alone.

Every training delivered, every student empowered, and every conversation started is possible because of supporters like you. Your generosity fuels this work and helps us continue building a future where mental health is prioritized, stigma is dismantled, and suicide prevention education is accessible to all.

While we are proud of what we achieved in 2025, we know there is still much work ahead. Earlier this year, while speaking with a gentleman at one of our events, he shared a simple but powerful reminder: even if we save just one life, then this work is worth it. Those words beautifully capture the heart of our mission. Conversations about depression, suicide, and mental illness are difficult, but they are conversations we must have because they can save lives. Every life matters, every conversation matters, and every effort to provide hope, education, and support has immeasurable value. We remain committed to innovation, expansion, and elevating youth voices as we continue climbing toward a world where no family has to experience the devastating loss of suicide.

From the bottom of our hearts, thank you for standing with us, believing in this mission, and making this work possible.

Together, we are saving lives.

With gratitude,

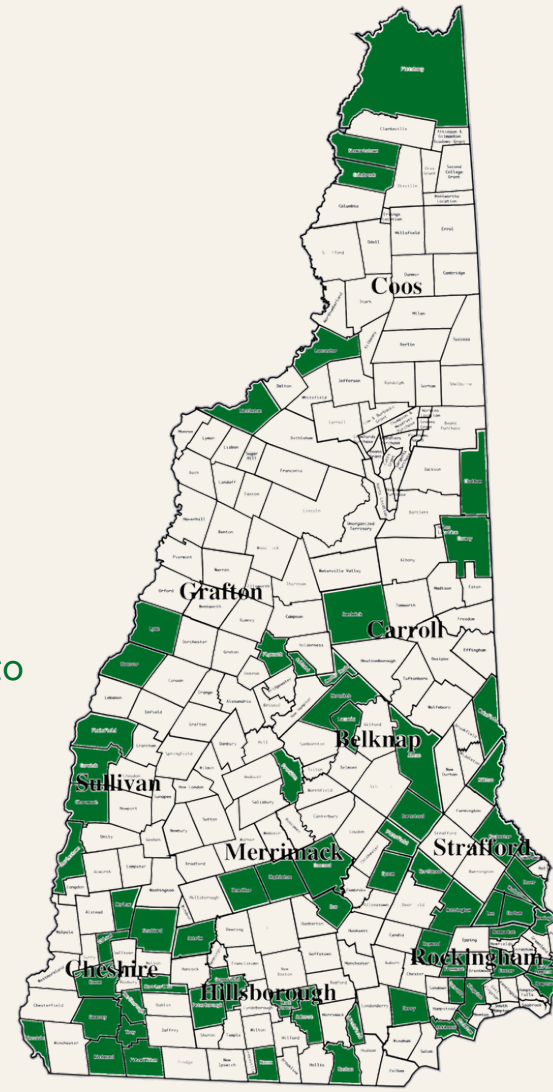
Lindsay Gilbert
Executive Director

IMPACT AND PROGRAMS

"We have seen firsthand the powerful impact that this [SOS] program has within our school and community. Shortly after our SOS™ program with our students, I was working after school when several students reached out to me, expressing concern about a classmate. Knowing that it was after school and I wouldn't see that student until the next day, I immediately called the student's parents and then contacted 911. In summary, we were able to intervene in time to save a child's life. The students who practiced the A.C.T. strategy taught in the SOS program saw firsthand how their choices saved their friend's life. It was a powerful reminder to our students, staff, and families that suicide prevention is critical to the well-being of our youth. SOS puts valuable, relatable strategies into the hands of our students and equips them to care for themselves and their peers, while giving staff the tools they need to form trusting relationships with their students."- NH School Councilor

Training and Outreach

- Total Schools Trained: 119
- Total School Trainings: 63
- Total Adult Participants: 5,556



All the towns we have visited!

Community Engagement

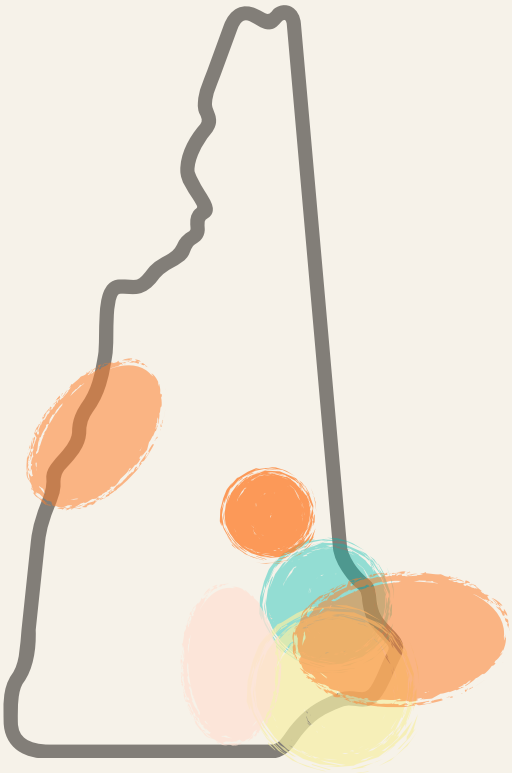
- Total Community Trainings: Increased from 19 in 2024 to 25 in 2025
- Total Stick It to Stigma Games: Expanded from 13 in 2024 to 18 in 2024
- 29 Community Outreach Awareness Events
- Positioned our team to have a voice at the table at 7 community coalitions including, at the the statewide level.

Annual 5k and Family Walk

- 40 Community Sponsors
- 435 Participants
- Over $6,000 raised in Peer to Peer to Fundraising
- WE ARE SO GRATEFUL to ALL the participants!

Grants and Financial Overview

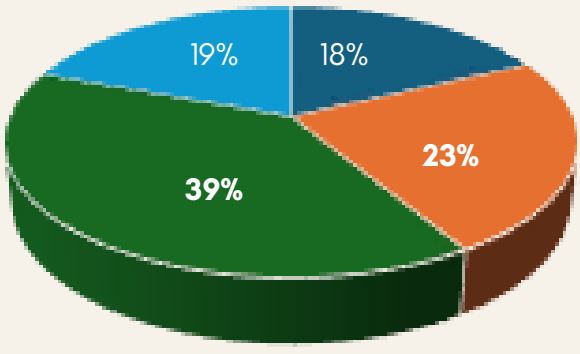
Regional Grants are helping us cover these areas of New Hampshire



GRANTS RECEIVED IN 2025

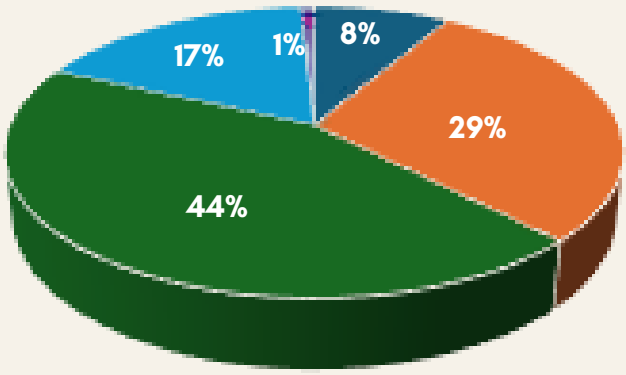
- Bauman Family Foundation
- Beth Israel Lahey Heath-Exeter Hospital
- Bangor Savings Bank
- Granite State United Way
- Foundation for Seacoast Health
- Fuller Foundation
- Horne Family Foundation
- Hypertherm
- M&T Bank
- Merrimack County Savings Bank
- NH Charitable Foundation
- Portsmouth Hospital HCA
- Rochester Community Grant

Expense summary



Fundraising Expenses
Management Expenses
Prevention Expenses
Programming Expenses

Funding summary



Individual Donations
Corporate Donations
Grants/Foundation
Events
Training Donations

YOUTH INVOLVEMENT

500 STUDENT-ATHLETES PARTICIPATED IN #StickItToStigma

Mental Health Awareness Events:

Milford/Alvirne High School Boys Hockey
UNH Women's Hockey
SNHU Men's Hockey
Hopkinton High School Girls Soccer
Hopkinton High School Boys Soccer
Hopkinton High School Field Hockey
Timberlane High School Boys Hockey
Wells High School Girls Basketball
Sunapee High School Girls Soccer
Exeter High School Girls Hockey
Windham High School Boys Hockey
Exeter High School Boys Lacrosse
Londonderry High School Boys Hockey
Pinkerton High School Boys Hockey
Bedford High School Boys Hockey
Seacoast Spartans Hockey

YOUTH AMBASSADOR PROGRAM GROWTH IN 2025

Representing 20 different schools throughout New Hampshire and beyond, our Youth Ambassadors continued to lead the way in reducing stigma and promoting mental health awareness among their peers in 2025. In partnership with Peers, not Fears, this dynamic youth-driven volunteer and leadership program empowered students to create meaningful change within their schools and communities.

Since launching in October 2024, the program has continued to evolve through direct Youth Ambassador feedback, expanding opportunities for leadership, advocacy, and peer engagement. Participants embraced awareness challenges, organized school and community initiatives, led peer-to-peer conversations, and earned recognition for their commitment to spreading hope and reducing stigma.

As the program grew, so did the influence of youth-led mental health initiatives, demonstrating that young people are not only participants in this mission but powerful drivers of cultural change. Through their leadership, creativity, and courage, Youth Ambassadors are helping shape a future where mental health conversations are normalized, help-seeking is encouraged, and stigma continues to be dismantled.

VOLUNTEER: TRAIN THE TRAINER PROGRAM

As we continue to grow and expand, we are strengthening our capacity to offer more trainings across New Hampshire. In August 2024, we launched our Train the Trainer program to empower a broader network of facilitators, enabling our small team to reach communities in all corners of the state.

We are grateful to the following trainers who have completed the program and are ready to train members in their community:

Julie Evrard
Fred Poisson
Susan Ray
Laura Widerman
Frannie Ashworth
Elizabeth Simmons
Sharon Spooner
Stacy-Lynn Sheppard
Aimee Dirks
Carley Crain
Samantha Hill
Caitlin Perkins
Mackenzie Rokes
Beth Stern
Kayt Prue
Jordan Havens

If you are interesting in joining this incredible group visit: https://www.connorsclimb.org/volunteer/

We'd like to thank all our volunteers, supporters, and donors for their generous support.

CONNOR'S CLIMB FOUNDATION

2025 5K & Family Walk

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Lenk and Kuna Orthodontics
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Palmer and Sicard
Piscataqua Savings Bank
Robin
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St. Mary's Bank
The Railpenny Tavern
The Salema Group
The Will To Live Foundation, Inc.
Tony LeClerc State Farm

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UNH NAMI
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South Berwick/Eliot Rotary Club
Timberlane School District
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UNH SAA Comittee
ImageFIRST
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Alvirne Milford Ice Hockey
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Thank you for your support of Connor's Climb Foundation. Your generosity helps us expand mental health awareness, empower youth leaders, and save lives. Together, we are creating hope and building a future where no one struggles alone.

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