

What is #HADDSDLOVE

#HADDSDLOVE week is all about finding ways to love on, express gratitude and recognize the people who have given support to us throughout the year. The support could be in any form, from formal therapy and treatment by providers to the emotional support and/or prayer that family and friends may have offered to encourage your spirit.

There are many ways to show **#HADDSDLOVE**, below are just a few to help jumpstart your creativity!



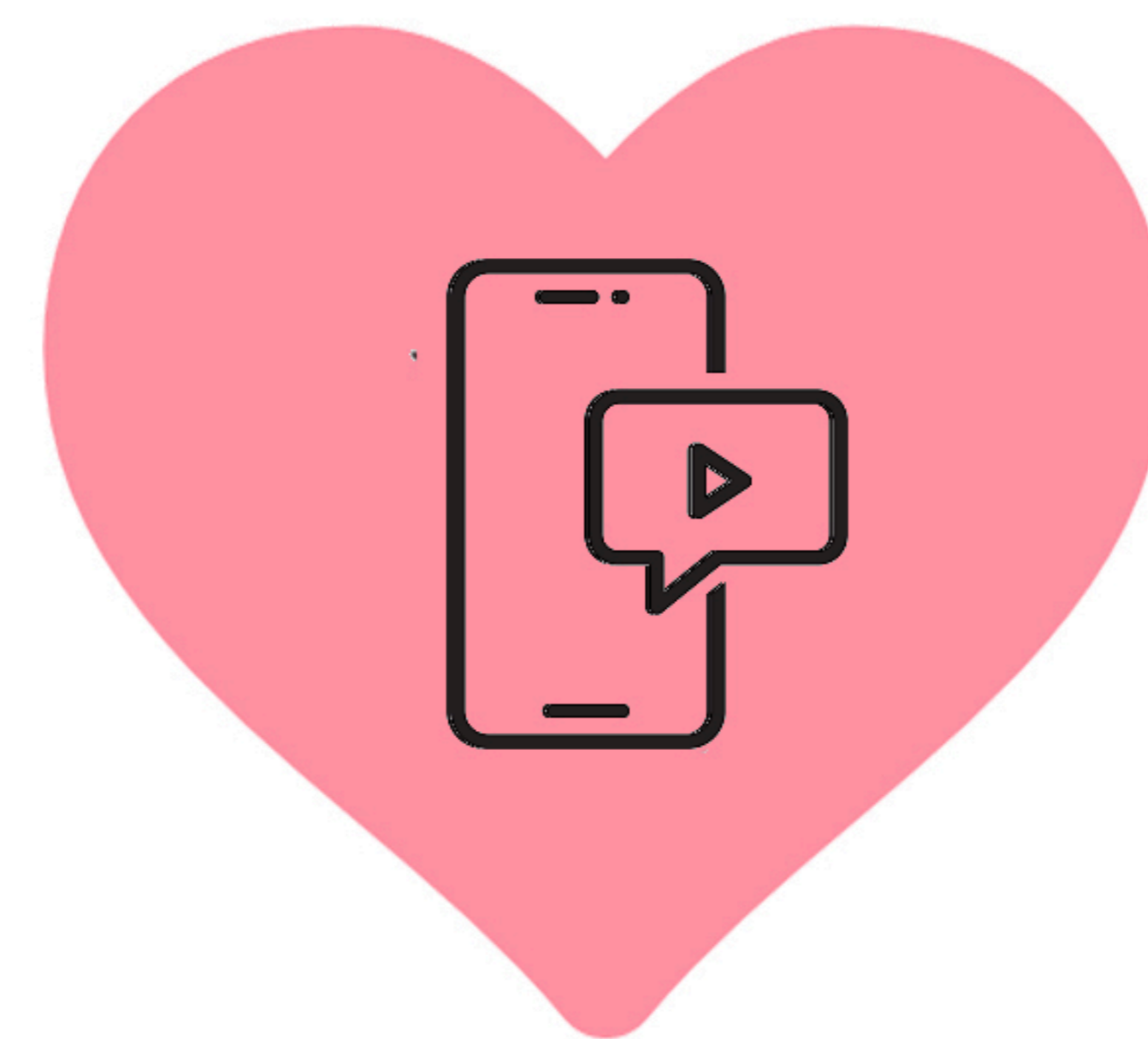
Write them a note of affirmation & gratitude! Handwritten, email or text, whatever your schedule allows.



Surprise them with a treat such as a coffee, lunch or a cupcake accompanied by a note or verbal affirmation.



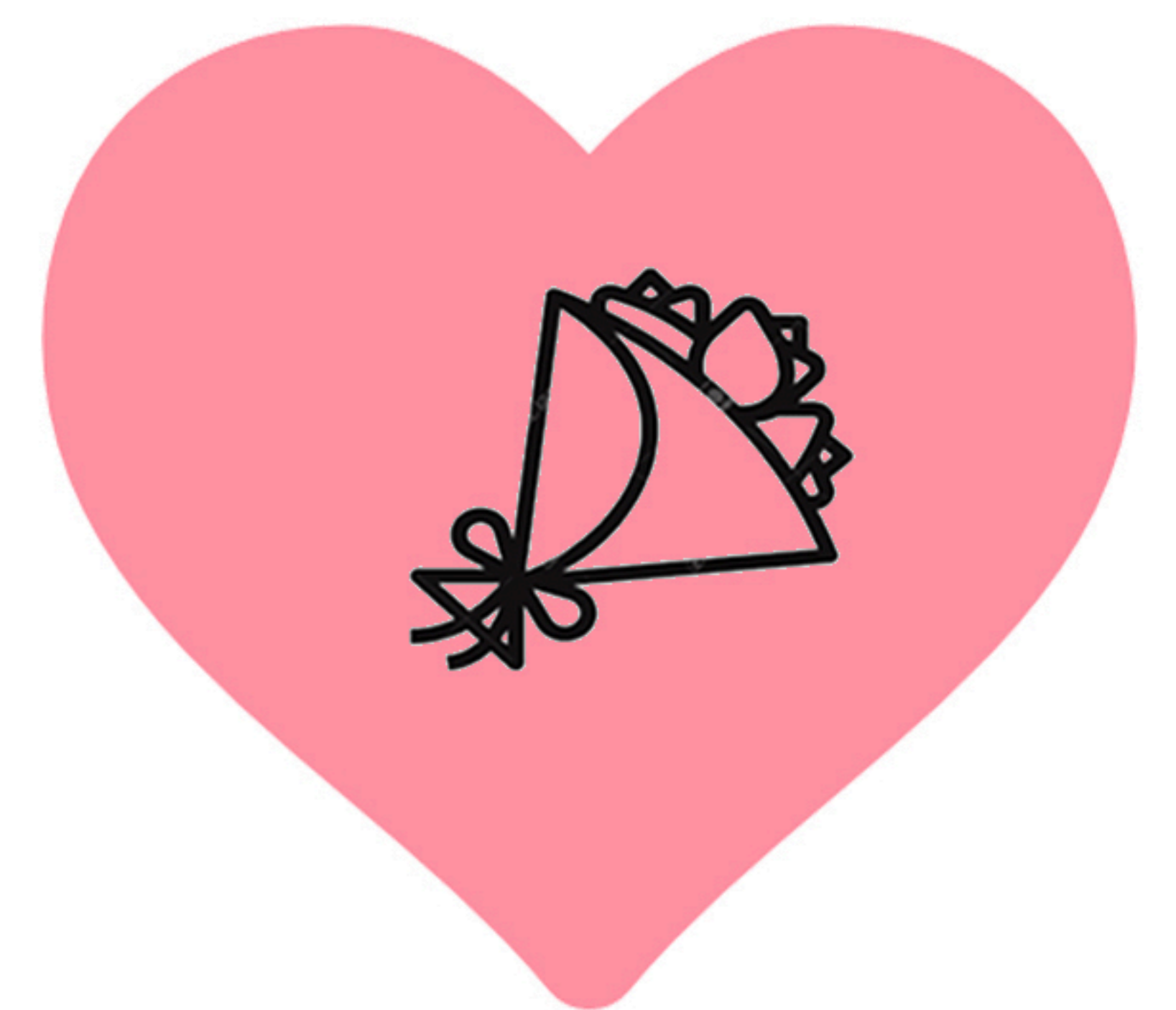
Give them a gift or gift card for their hard work so they can purchase something they would truly enjoy.



Record a ThankU video and recognize therapists, providers or the Foundation for stellar support and commitment to the field.



Call them or their supervisor and praise their efforts. Voice messages are great too (as they can be replayed!)



Brighten someone's day with a note, flowers/plant to symbolize their role in promoting growth.

Make sure to use **#HADDSDLOVE** in any social media posts so everyone can see the love globally!