



# I RUN FOR HOPE

RUN DATES

10 OCT - 30 NOV

All proceeds will go towards mental health programmes organised by  LIMITLESS

# ABOUT LIMITLESS

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- We are a **charity and Institute of Public Character (IPC)** providing **subsidized / free therapy to youths between 12-25**, who struggle with mental health issues.
- We run **SAFEHOUSE** - our online platform on Discord, providing a **safe space for youths** to get help and join a supportive community.
- Our **community outreach** efforts aim to **destigmatize** mental illness, **empower peer and community support**, and **encourage** young people to seek help.





# ABOUT OUR FOUNDER

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- After going through his own mental health struggles, Asher decided to set up Limitless to help troubled youths through counselling.
- He often hires professionals who have experience of mental health struggles so that youths can relate better to them.
- As the ongoing Covid-19 pandemic increases demand for youth counselling, Limitless hopes to hire more counsellors to help more youths in need.

*“Limitless is a non-profit organisation founded with the desire to every youth given the opportunity to live out their potential.”*

*- Asher Low*





## ABOUT THE EVENT

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**The Limitless Run** is our annual virtual run, where we raise funds to support our work for the following year. Participants will need to clock distances ranging from 5km to 100km within the run period of three weeks, and will also be encouraged to help raise funds to support our work!

Every dollar raised through donations will be matched by the Government!

### IT'S ABOUT EMPOWERING YOU

All participants and donors will also be given access to a week of Masterclasses, designed to empower them to better their own mental health, and support others around them.

## DISTANCES & ENTITLEMENTS

<b>5KM</b> Individual Run	<b>10KM</b> Individual Run	<b>100KM</b> Individual Run	<b>10KM</b> Family Run (up to 5 pax)	<b>10KM</b> Individual Run Corporate Registration (up to 30 pax)
Early Bird Promo <b>\$20</b>  Standard <b>\$25</b>	Early Bird Promo <b>\$30</b>  Standard <b>\$35</b>	Early Bird Promo <b>\$35</b>  Standard <b>\$40</b>	Early Bird Promo <b>\$80</b>  Standard <b>\$100</b>	Early Bird Promo <b>\$850</b>  Standard <b>\$1000</b>
Includes drawstring bag, race pack items, medal	Includes drawstring bag, race pack items, medal, shirt	Includes drawstring bag, race pack items, medal, shirt	Includes drawstring bag, race pack items, medal	Includes drawstring bag, race pack items, medal, shirt



## MASTERCLASS DETAILS

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All participants will be entitled to join our series of masterclasses for free.

Our masterclasses are designed to equip you with skills to support those around you.

We will provide you with toolkits to rally your community together to run for a good cause and multiply your impact through fundraising.

**BE EMPOWERED**

To be advocates in your own communities

## Masterclasses will be happening on the dates: 24 – 28 Oct

Dates	Masterclass	Speakers
24 October 2022	Introduction to Mental Health	Megan Tang, Counsellor - Limitless
25 October 2022	Parenting Mentally Resilient Children	Celynn Chang, Sr Counsellor - Boy's Town
	Supporting a Friend	Asher Low, Sr Social Worker - Limitless
26 October 2022	Healthy Ways To Manage Emotions	Audrey Bay, Psychologist - SKH
27 October 2022	Creating an Ecosystem of Peer Support For All	Cho Mingxiu, Founder – CampusPSY
	MENTal Health	Khoo Yi Feng, Social Worker - Limitless
28 October 2022	Getting Healthy Sleep	Dr Victor Kwok, Psychiatrist - Private Space Medical
	Advocacy: Finding Your Voice in the Digital World	Yanni Ruth Chin – TikTok Content Creator



# ALL PROCEEDS WILL GO TO



HELPLINE

CASEWORK &  
COUNSELLING

MENTAL HEALTH  
OUTREACH



It costs us

**\$65**

for every hour of intervention

Here's where it goes





## HERES WHERE IT GOES

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**Our Helpline** provides short-term therapeutic support for youths who are in distress. Manned by counsellors, social workers, and trained listeners, youths are supported for up to 3 weeks via text, phone calls, and video calls. We then assess if they need more intensive or long-term counselling support.

As this is most often done on WhatsApp, we sometimes see conversations carry on throughout the day, for the entire 3 week period!



**Counselling & Case Management** provides therapy and treatment for youths who may be struggling with more severe issues, such as Depression, Anxiety, Trauma/PTSD, abuse, or suicidal ideation. Therapy sessions are held where youths feel most comfortable — counselling rooms, cafes, void decks, video calls — and they're conducted by qualified therapists whose treatment approaches often involve more than just psychotherapy.

Casework runs a gamut of activities that include accompanying youths to hospitals, going with them to the police, lodging PPOs at the Family Courts, working with schools, doing family work, and managing crises. Sadly, this often means many late-night Grab rides rushing to a youth's location to prevent him/her from taking their life.

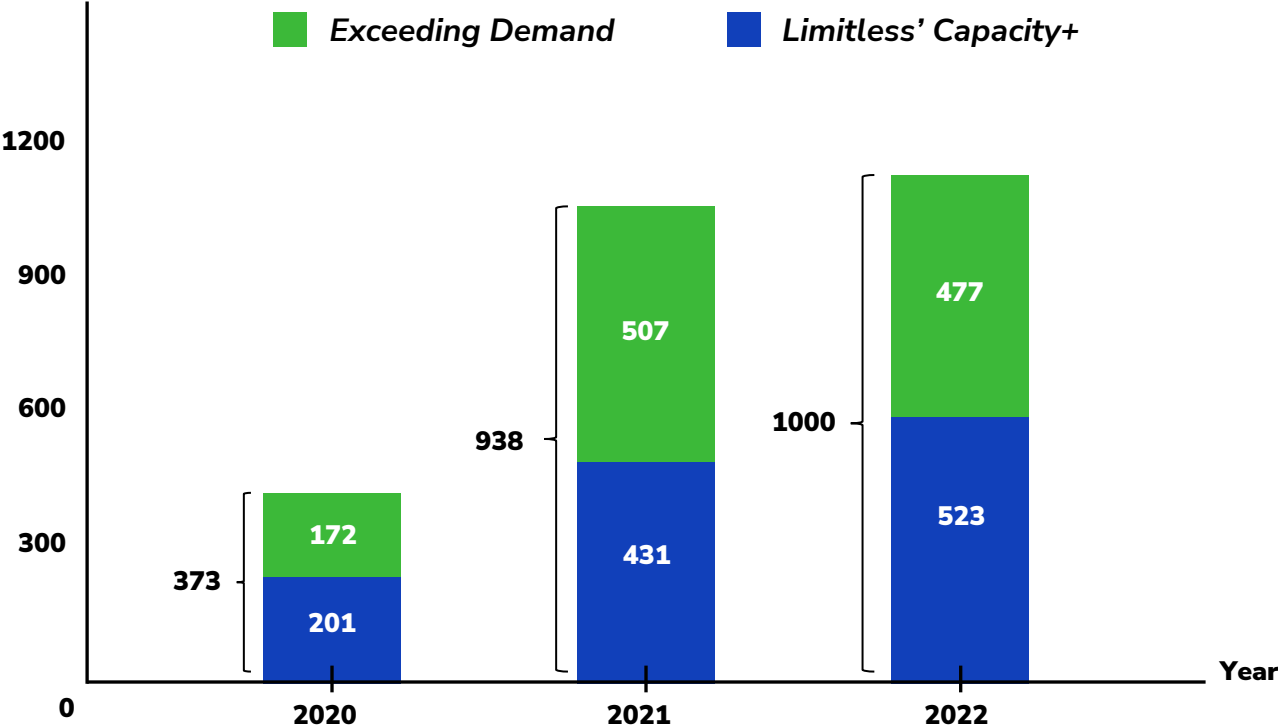
It's tiring work, but we believe in what we do.





# WHY THIS MATTERS

The number of youths requiring help currently exceeds our capacity



**938**

No. of youths who sought help in 2021



**251%**

increase in seeking help between 2020-2021



**20%**

of cases indicated some level of suicidal ideation

+ Capacity based on regular recommended working hours for therapists. Limitless' staff often work overtime in order to meet client needs.



# PLEASE SUPPORT US

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SPONSORSHIP	BENEFITS	COST
<b>Silver</b> Corporate Registration	<ul style="list-style-type: none"><li>• Up to 30 pax participants receive race pack bag and T-Shirt</li><li>• Free registration for a child (age 5- 12) per participant</li></ul>	<b>\$850</b>
<b>Gold</b> Cash Sponsorship	<ul style="list-style-type: none"><li>• Brand logo on Event Registration Page and Website</li><li>• Brand logo on Virtual fundraising page (Giving.sg)</li><li>• Advertising opportunities in race pack</li></ul>	<b>\$3000</b>
<b>Platinum</b> Cash Sponsorship	<ul style="list-style-type: none"><li>• Brand logo on Event Registration Page and Website</li><li>• Brand logo on Virtual fundraising page (Giving.sg)</li><li>• Advertising opportunities in race pack</li><li>• Brand logo on Race Pack Bag</li><li>• Curated mental health talk</li></ul>	<b>\$10,000</b>

## CONTACT US

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Please contact us to learn more about sponsorship opportunities available via the information below.



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[asher@limitless.sg](mailto:asher@limitless.sg)