



Not Alone Notes **2022 Annual Report**

Prepared by

Morgan Rondinelli, President & Co-Founder

In 2022, we mailed...

532

Not Alone
Notes

58

Back-to-School
Notes

30

Not Alone
TOTES

We also...

- Attended several 1 Million Steps 4 OCD walks
 - in Kansas (as Grand Marshall!), Chicago, Wisconsin, New Jersey, & Boston!
- Presented at the IOCDF Online OCD Conference about building your support network
- Attended and hosted card making at the IOCDF Annual Conference in Denver
- Added note options for body dysmorphic disorder (BDD) and hoarding disorder
- Collaborated with the IOCDF to send Holiday Messages of Hope to OCD treatment centers
- Hosted a book giveaway
- Rebuilt our website on WordPress
- Produced a calendar with original art from Not Alone Notes Writers and community members
- Onboarded six new writers
- Created new OCD Awareness merch
- Sent a note to our 50th and final state in the USA!
- Celebrated our 5th birthday!



A GLIMPSE AT SOCIALS

Many people first find out about Not Alone Notes through social media, so it's important we keep posting and expanding our reach with the OCD community online.

FACEBOOK

7.3K reach
122 posts
125 new followers

INSTAGRAM

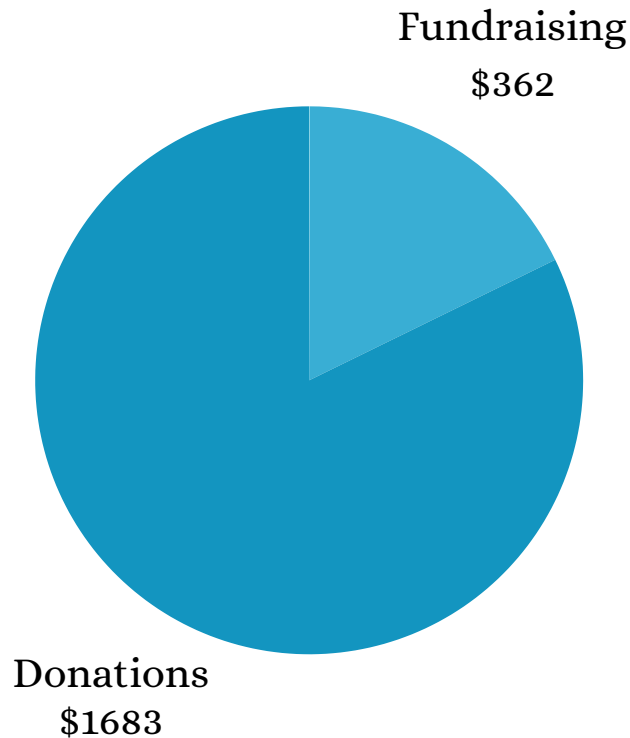
13.4K reach
112 posts

[@NotAloneNotes](https://www.instagram.com/NotAloneNotes)

A GLIMPSE AT FINANCES

We are so grateful for everyone who supports Not Alone Notes financially, helping us do our work for the OCD community!

Here's how
we got our
money:

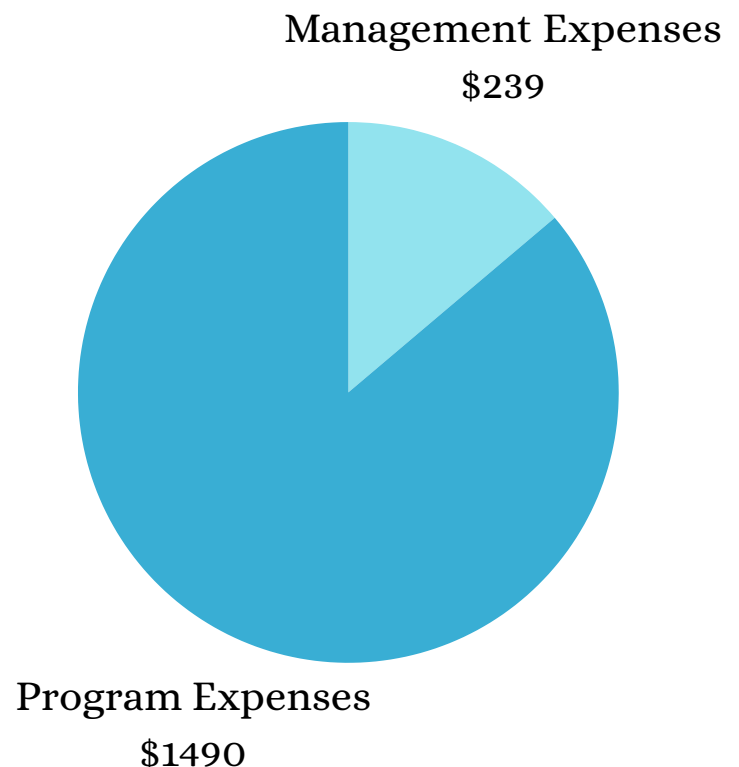


Here's how
we spent
our money:

What's the difference?

Management expenses are funds used towards operating the nonprofit (e.g., fees for our website, P.O. box, etc.)

Program expenses are funds used towards our mission (e.g., postage to mail Notes, exhibiting at OCDcon, etc.)





Note decorated by Writer, Caroline

Not Alone Notes is a 501(c)3 nonprofit.

Mission: Mailing free, handwritten notes to others with OCD and related disorders to remind them they aren't alone, encourage hope, and dispense resources.

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