



# Not Alone Notes **2024 Annual Report**

*Prepared by*

Morgan Rondinelli, President & Co-Founder

# In 2024, we mailed...



788

Not Alone Notes



50

Back to School  
Notes



32

Not Alone Totes

# We also...

- Added 5 new volunteer writers to our team
- Released new merch during OCD Awareness Week
- Attended and tabled at 1 Million Steps for OCD Walks (in Boston, Chicago, Seattle, & more)
- Hosted two Creative Corner Events at the Annual OCD Conference in Orlando
- Selected as a Finalist for the G2 Overachievers Grant
- Provided four scholarships for new individuals to attend the Online OCD Conference
- Presented at the Online OCD Conference



Co-Founder, Morgan, at the Chicago OCD Walk

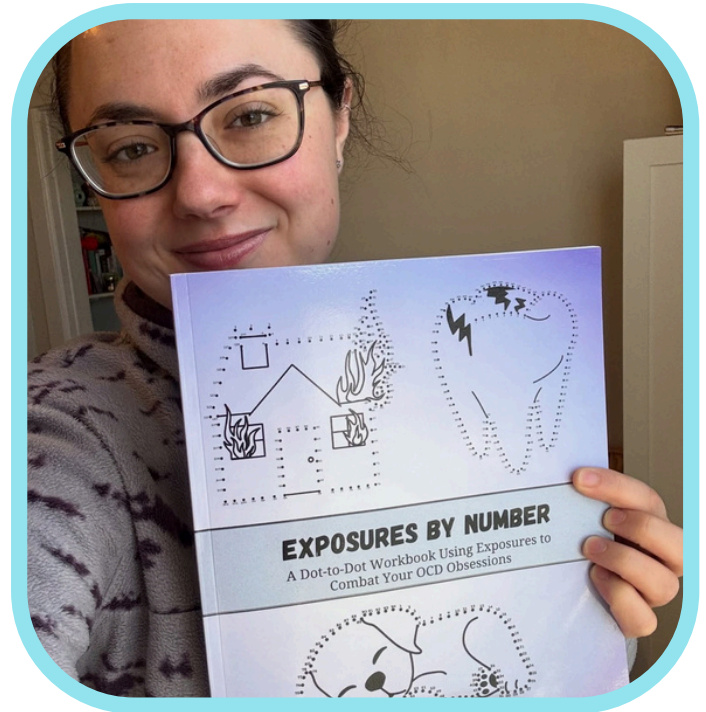


Board Members, Haley and Lila, at the Annual OCD Conference



# Plus, we...

- Self-published a new dot-to-dot exposure workbook: Exposures by Number
- Partnered with NAMI Westchester to have notes available for all attendees at their 40th Anniversary Gala
- Collaborated for the 3rd year with the IOCDF to send Holiday Messages of Hope to treatment centers in December
- Hosted multiple note writing activities with CBTeam, including at Camp Courage
- Celebrated our 7th birthday



Co-Founder, Molly, with her new Dot-to-Dot book



Making Holiday Messages of Hope

# 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

8.7K reach  
138 posts  
93 new followers

## INSTAGRAM

36.9K reach  
124 posts  
929 new followers

## TIKTOK

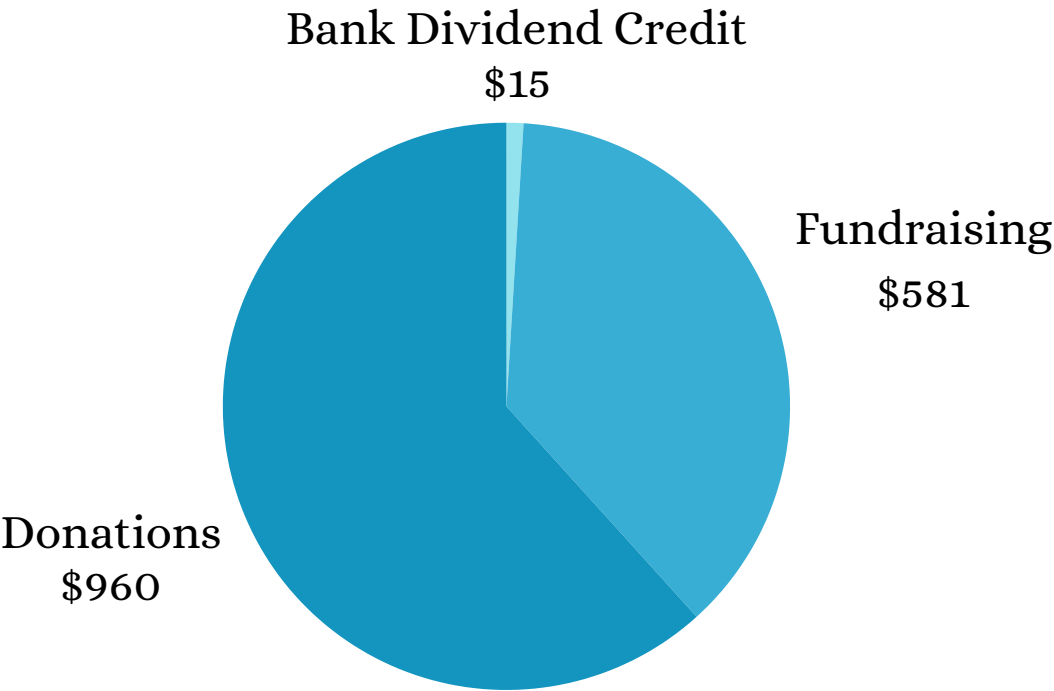
27K views  
25 posts  
102 new followers

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

# A GLIMPSE AT FINANCES

We are so grateful for everyone who supports Not Alone Notes financially, allowing us to make and mail these notes to the OCD community!

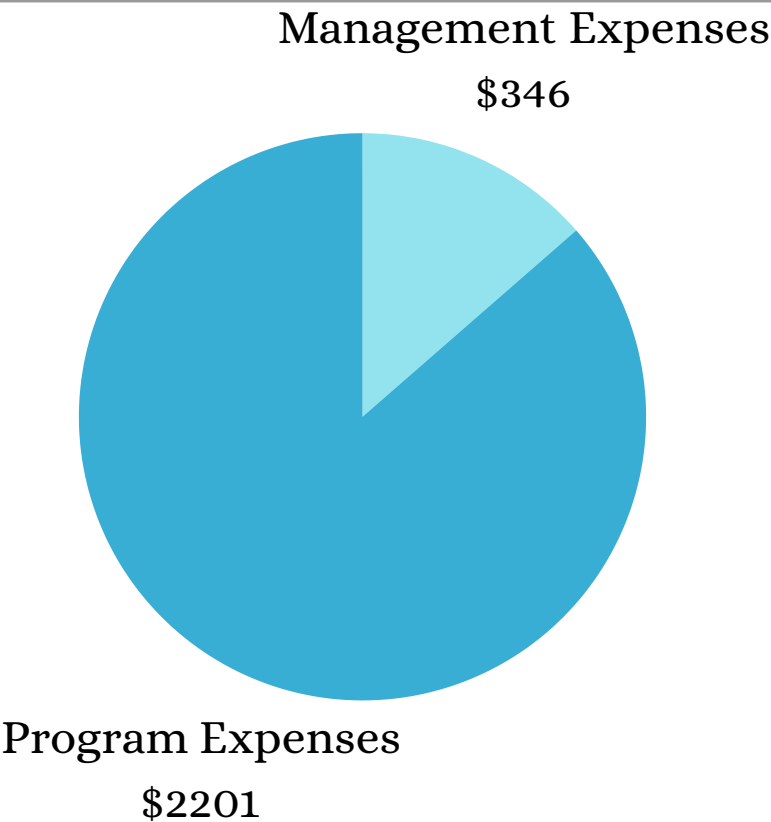
Here’s how  
we got our  
money:



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, scholarships for Online OCDcon, etc.)





# Here's to more notes, advocacy, and community in 2025!



Note decorated by Writer, Violet



Notes decorated by Writer, Kira

**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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