



Not Alone Notes **2025 Annual Report**

Prepared by

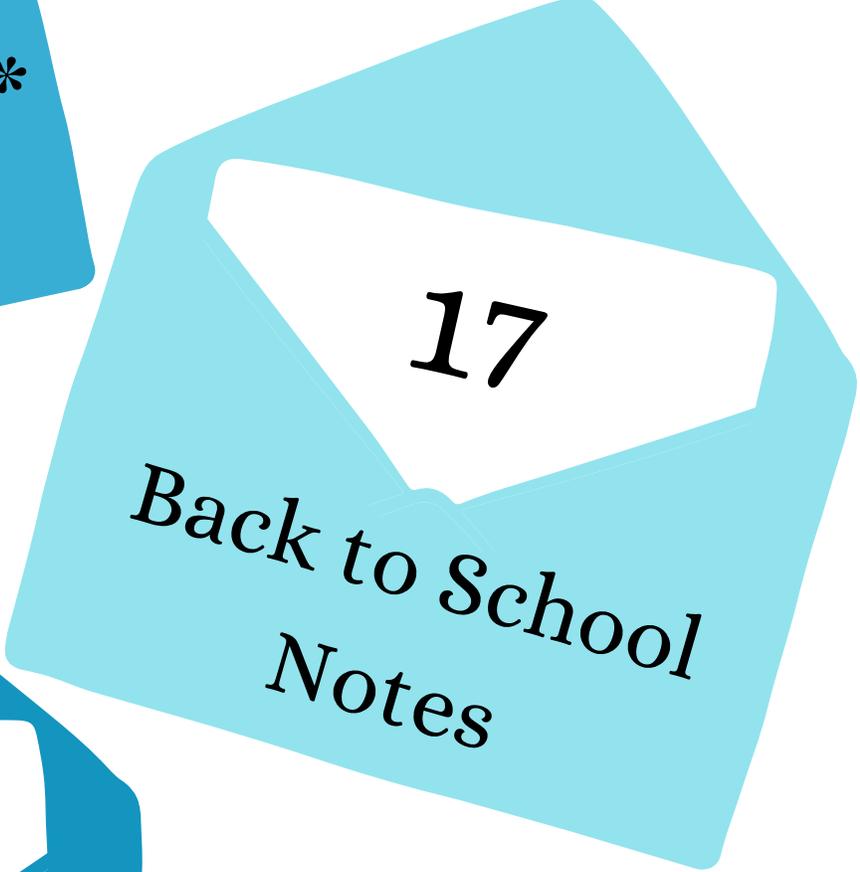
Morgan Rondinelli, President & Co-Founder

In 2025, we mailed...



300+

Not Alone Notes*



17

Back to School
Notes



25

Not Alone Totes

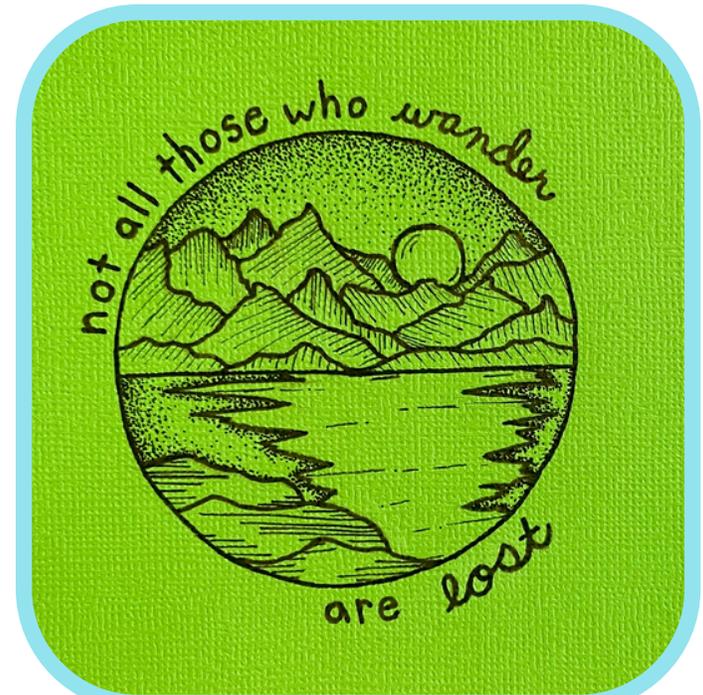
*We sent several batches of notes directly to treatment centers and didn't keep track of how many!

We grew:

- Added 4 new volunteer team members.
- Began offering digital Not Alone Notes option (nicknamed E-NAN).
- Began offering notes in French, in addition to English and Spanish.
- Began accessibility audit of our website and social media.



Note decorated by writer, Alex



Note decorated by writer, Rachel

We collaborated:

- For the 6th year with the IOCDF, sent Holiday Messages of Hope to treatment centers in December.
- Met with Illinois State University business class, who analyzed our business information practices.
- Ran a note making activity at Camp Courage with CBTeam
- Volunteered at and sent notes to Fearless Family Camp in Wisconsin.
- Fundraised at Profit Share Day with Bobzbay Books in Bloomington, Illinois.



A handful of donated holiday cards



Writer, Brie, at Fearless Family Camp

We spread the word:

- Featured on WGLT, 25News, and NOCD Get to Know OCD podcast
- Attended & exhibited at 1 Million Steps for OCD Walks around the country (in Boston, Wisconsin, North Carolina, & more)
- Presented and exhibited at the Annual OCD Conference in Chicago
- Attended & exhibited at Evansville NAMI walk
- Presented at the Online OCD Conference



Writers, Molly, Lisa, and Rachel at the Boston OCD Walk



Writer, Kira, at the NAMI Evansville walk

Plus, we...

- Started the Shelf Help book club, and met 3 times.
- Co-founders Morgan Rondinelli and Molly Fishback received the Hero Award at the Annual OCD Conference.
- Celebrated our 8th birthday.



Morgan and Molly with their awards

Book club picks of 2025



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

40.9K views

134 posts

71 new followers

INSTAGRAM

101.8K views

118 posts

629 new followers

TIKTOK

12K views

12 posts

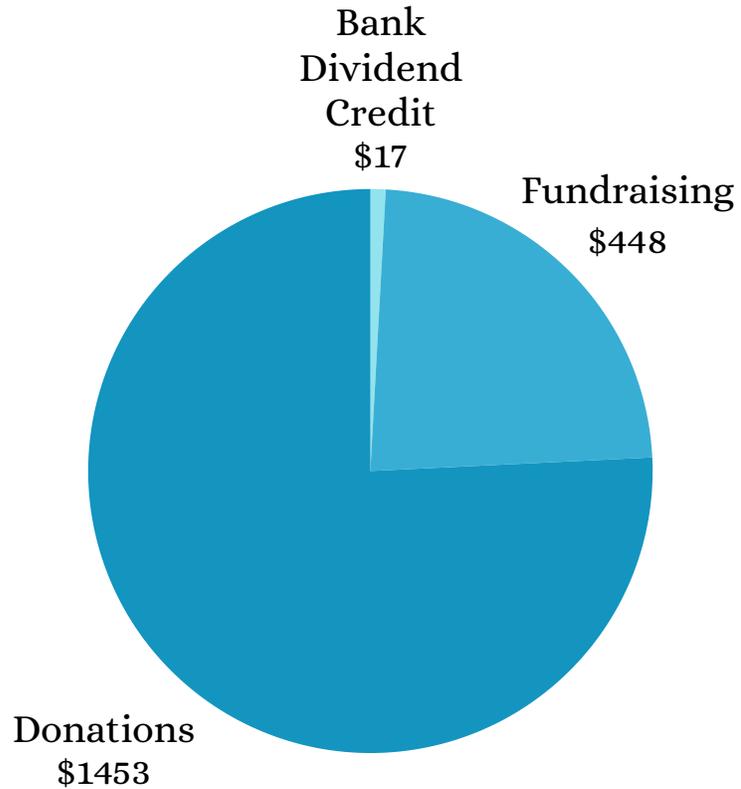
99 new followers

[@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:

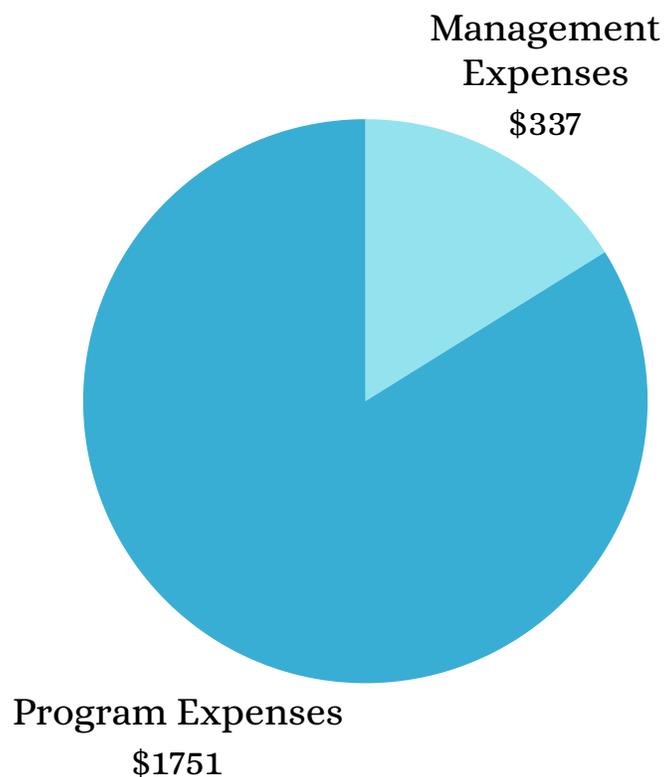


Here's how we spent our money:

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, reimbursing writers for note supplies, etc.)



Here's to more notes, advocacy, and community in 2026!



Co-Founder, Morgan, mailing
Not Alone Totes



Note making at the Boston OCD Walk

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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