



Mullen's
Miracles



Case for Support

2025

Becoming a lifeline to those in crisis

mullensmiracles.org



Every 11 minutes, someone makes the devastating decision to end their life.

Nearly 50,000 souls lost each year.

Leaving behind a ripple of heartache that affects countless loved ones. Imagine 135 people needing grief support for each of these tragedies; that's over 6.75 million individuals struggling to find hope in the aftermath. In 2022 alone, 1.6 million people attempted suicide, while 12.3 million others wrestled with serious thoughts of ending their lives.

The numbers are staggering, but they only tell part of the story. Behind each statistic is a name, a face, a life that once had dreams, potential, and a future. Mullen's Miracles stands as a beacon of hope and support in the fight against this silent epidemic. We are dedicated to providing the resources, community, and compassion needed to prevent suicide and offer a lifeline to those in the darkest of times.

Your support can turn the tide. Together, we can save lives and bring light to those who need it most.



Naomi Judd



Don Cornelius



Jeffery Taylor



Robin Williams



Grayson Murray



Veterans



Our Mission

At Mullen's Miracles, our mission is to save lives. We promote mental wellness and suicide prevention through education, advocacy, and unwavering support.

We believe that every life is valuable. With compassion as our guiding principle, we strive to create a future where individuals facing mental health challenges find hope, healing, and the support they need.

Through comprehensive training programs, collaborative efforts, and community involvement, we are dedicated to making a meaningful impact in suicide prevention and fostering a world where lives are saved, families are spared the pain of loss, and hope is restored.



Our Vision

Our vision at Mullen's Miracles is to
save 1 million lives.

We envision a world where compassion and understanding prevail, and no one feels alone in their journey.





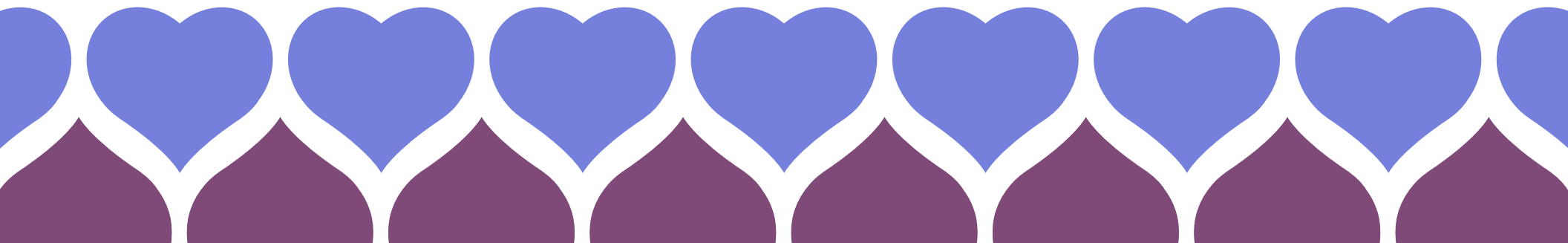
Losing her son, Eric, to suicide on October 2, 2018.

Kathy started Mullen's Miracles in honor of her son.

Even with medical personnel, trauma therapists and recovery programs involved, we lost our battle against time to find the help for Eric we so desperately sought. We both found it incredibly overwhelming sorting through the abundance of resource options while attempting to find the right fit for Eric's needs.

"Before I left Eric's hospital bed, I committed to helping others live healthier lives by finding ways to 'fill the gaps' we had experienced. Mullen's Miracles exists to make your journey easier so your 'Eric' can survive and live a long, healthy life."

At Mullen's Miracles, our resources and support team are comprised of individuals who have personally experienced the challenges of a suicide attempt or loss. We are dedicated to ensuring you work with someone who truly understands your journey and can offer compassionate, empathetic support.





What We've Achieved Together

In the short time Mullen's Miracles has been established, we've helped save **5 lives through Eric's organ donation**, **raised over \$200K** for suicide prevention and awareness, and **completed QPR Gatekeeper Instructor Training** for Kathy, enabling her to train others. Kathy has also **taken countless calls** from family members and friends experiencing challenges related to Mullen's Miracles' pillars. Additionally, after learning of Bereaved Mother's Day, Kathy has **personally sent Mullen's Miracles T-shirts**, designed by one of Eric's friends, to mothers she knows who are experiencing this day as a way to support them on their journey. **We're just getting started** .



ERIC'S IMPACT

Up to **42** lives have been impacted through Eric's gifts of organ and tissue donations.



12 Grafts from Eric's gift of bone, connective tissue, and skin are being used to develop new technology and medical advancements, creating a better quality of life for those in need.

5 Lives were saved through Eric's gift of organ donation.

37 Grafts from Eric's gift of bone and connective tissue have been used for orthopedic, spinal, and dental surgery.

Our family has always been an advocate for organ donation. However, it was through the loss of Eric that I truly grasped its transformative power. It's a testament to the hope and life it can bring, a power that can change lives in the most profound ways.

I am honored at the impact Eric made on the lives of others with his decision. It is an unexplainable, deeply heartfelt blessing to have a relationship with 4 of Eric's five organ recipients, and what a journey it has been ♥

Each recipient was at the end of life, praying for a donor to save their lives while fully aware of the price paid for their life to continue. For the past six years, I've witnessed the emotional journey of each recipient. **Greg** (liver) and his wife, Brittany, have had an opportunity to raise their daughters, including adding their baby, a boy, Beckett, to their family. **Dustin** (lungs) and wife Candace have been able to contribute to their family by supporting his brother's

children as Dustin lost his brother to suicide. **Amber** (kidney) spent the majority of her youth with doctors and in hospitals, yet with her transplant, she's now engaged to be married, a dream she would have lost. **Larry** (heart) is blessed with Eric's heart after spending four months in the hospital with a month left to live before the transplant. The heart contains emotion, and as well as I knew Eric, that was my favorite part of him, his sweetness and loving heart. Larry has assured me over time that he feels more love and compassion towards people than before, and he has had the opportunity to create many memories with his six children. Their journey is a testament to the power of organ donation and the emotional resilience of the human spirit.

My heart aches for Eric every single day, and it will until my last breath. His legacy has taught me a profound lesson in gratitude—gratitude like you have never experienced. Take time to speak to an

organ recipient and ask them their story. You will learn what the gift of life means to someone who experiences it when death is imminent. It's a feeling of love and gratitude you can't fully comprehend unless you've been on the other side, a depth of emotion that will fill your heart with empathy and compassion.

Organ Donation and Saving Lives are inseparable. They ultimately give the gift of life. **Let's do this together and SAVE 1 MILLION LIVES.** Your decision to donate could be the difference between life and death for someone in need. Remember, organ donation is not just about giving life, it's about saving it.

Much love
Larry Mullen

Our Work Today:

Mullen's Miracles is dedicated to suicide prevention and providing robust support systems within our community. Our programs focus on six key areas where we believe targeted resources and strong support can save lives and offer purpose.



Signs

Learn to See the Signs of Suicide Ideation, and Ways to Prevent Loss

We aim to eliminate the stigma around mental health and issues that lead to suicide through education and community engagement. By normalizing the act of asking for help, we foster an environment where recognizing and addressing the signs of suicidal thoughts is a shared responsibility.

In Crisis

Learn How and Where to Reach Out for Support When in a State of Crisis

This program centers on sharing personal experiences during suicide crises, highlighting effective resources and identifying gaps. We strive to create a culture that bridges these gaps, guiding individuals to programs and tools that enable them to lead purposeful, healthy, and balanced lives.

Support in Crisis

Learn to Love Through Pain

This group is dedicated to those supporting someone through a crisis. By sharing firsthand experiences, we focus on what worked and what resources were lacking. Our vision is to build a supportive culture that mentors individuals beyond the crisis, helping them achieve a balanced and fulfilling life.

Suicide Loss

Learn to Live Through Loss

This group offers a support system for those grieving a loss from suicide. By sharing unique grief journeys, we provide a compassionate community where individuals can find solace and strength, knowing they are not alone in their experiences.

We Go On

Learn to Acclimate to a New Reality

Navigating the return to work after a suicide loss can be challenging. This program supports individuals in their transition back to daily life and work. We work with employers and community leaders to educate and partner in providing the necessary support, helping individuals adapt to a changed reality with understanding and empathy.

Organ Donation

Learn to Give the Gift of Life

We promote the organ donor experience by sharing stories from donors and recipients. This program aims to foster a culture where the priceless gift of organ donation is celebrated and encouraged, highlighting the profound impact it can have on lives.

Programs and Offerings

	Signs	In Crisis	Support In Crisis	Loss	We Go On
Dash Cards	♥	♥	♥	♥	♥
QPR Training - maximum of 30 per 1.5 hr training session	♥	♥	♥		
MM Safe Space Stickers	♥	♥	♥	♥	♥
Just In Time Wellness App	♥	♥	♥	♥	♥
Online Community - Generic, a way to share your stories, read others, find support with others sharing what you are experiencing.	♥	♥	♥	♥	♥
Online Community - Specific to each pillar, with a trained leader on the specific needs related to group.	♥	♥	♥	♥	♥
Online Community - Resources	♥	♥	♥	♥	♥
Online Community - Training Sessions (Future)	♥	♥	♥	♥	♥
Bereaved Mother's Day T-Shirts				♥	

Mullen's Miracles programs and offerings are designed to align with the current needs of those experiencing suicide crisis, with a focus in on isolation and loneliness (Surgeon General's Report, May 2023) and current studies.

We know healing and arts go hand in hand and we have chosen music | video as a medium to assist through challenging times. Each pillar has an original song and video, created specifically for Mullen's Miracles.



The average economical cost of a suicide is

\$1,329,553

When someone dies by suicide, the loss reverberates through families, friends, and communities, leaving behind deep emotional and financial scars. Despite the availability of many suicide prevention resources, the sheer difficulty of finding the right support in critical moments makes it a daunting challenge.

Mullen's Miracles aims to bridge this gap by providing tailored support systems and resources for those on the brink, individuals assisting others in crisis, and families who have lost a loved one to suicide. Our mission is to save lives and support the healing process for those affected by suicide.

Our goal is to raise **\$500,000** to continue and expand these vital programs. With your support, we can provide the necessary resources and support systems to save lives and offer hope to those who need it most.

By contributing to Mullen's Miracles, you are making a tangible difference in preventing suicide and supporting those affected by it. Every dollar brings us closer to a world where no one has to face the darkness alone.

Together, we can **Save 1 Million lives**. Your generosity can make a critical life-saving impact today.

Why We Need to Raise Funds Now:

- **Expand Crisis Intervention Programs:** To offer immediate support to those in urgent need.
- **Enhance Support Services:** To provide ongoing assistance for individuals and families coping with suicide loss.
- **Develop Community Outreach:** To educate and raise awareness about suicide prevention in communities nationwide.
- **Increase Access to Resources:** To ensure that help is available and accessible to everyone, regardless of their circumstances.
- **Empowering Volunteers:** To train volunteers with the skills and knowledge they need to effectively fulfill community leader positions and support our initiatives.
- **Operational Support:** To secure operational funds for support staff, office space, and training locations to ensure smooth and efficient functioning of our programs.
- **Engage a Grant Writer:** To secure additional funding through grants, supporting the sustainability and growth of our programs.
- **Marketing:** To raise awareness and broaden our reach, maximizing our impact and support for our cause.
- **QPR Suicide Prevention Training:** Every \$50 raised supports QPR (Question, Persuade, Refer) Suicide Prevention Training, crucial for saving lives through education and preparedness.
- **Momentum Campaign:** Donations fuel our Momentum Campaign, which covers operational expenses such as our online community, donor software, QPR scholarships, and the Safe Space program.



What You Can Do to Help



Sign Up for Suicide Prevention Training

Mullen's Miracles founder Kathy Mullen became a Certified QPR Gatekeeper Instructor to help others get certified and save lives. The 1.5 hour course equips Gatekeepers with knowledge of how to spot the warning signs of suicide and how to help in a time of crisis. Once certified, you'll be enrolled into our Safe Space Program, designed to ensure our community of Gatekeepers can be easily identified and offer guidance to those struggling.



Join Our Online Community

With loneliness and isolation being reported at epidemic levels in recent years, it's more important now than ever to have a safe space where vulnerability, empathy, and healing is encouraged. Our free online community is just that. Sign up now to find compassion and share your story.



Make a Donation

Every \$50 raised helps provide QPR Suicide Prevention Training. Each donation made to Mullen's Miracles helps save a life through suicide prevention. Donations go toward helping others – even yourself – get QPR Gatekeeper Certified and help with our Momentum Campaign, which helps fund our operational expenses including our online community, donor software, QPR scholarships, and our Safe Space program.



Volunteer

We are always looking for selfless people willing to donate their most precious commodity: time! Volunteers can contribute in a variety of ways.

Help fill our board positions with a goal of adding a a junior board within 6 months.

Contact Kathy Mullen



319-329-3690



kathy.mullen@mullensmiracles.org



**Mullen's
Miracles**



This is an **urgent open letter** to those who have lost a loved one to suicide, those who have considered suicide, or supported someone in a suicide crisis, or maybe want to bring awareness to mental health and bring an END TO SUICIDE before they become a number in the statistic pool related to suicide. I don't want you there; I mean that from the bottom of my heart.

I didn't learn anything about suicide because I never dreamed it would become part of my life. I don't want that word to be in yours. I mean that with every fiber in my being.

Suicide sucks every single minute of every day once it creeps into your life. It remains forever.

Together, we CAN make a difference. When I decided to advocate on Eric's behalf for mental health and suicide, I knew it wouldn't be easy, but there was no question in my mind I was fighting for more than Eric and I but more about the impact. Saving 1 Million Lives was a commitment more significant than I was willing to say at first, and the more research I did and saw the numbers, the more I experienced the impact - 1 MILLION IS NOT ENOUGH. Your contribution, no matter how large or small, is part of this

collective impact. Be it in honor or memory of your loved one, your "Eric's" story can live on through Mullen's Miracles.

But I can't do it alone. We need your support, love, and help because I know we can do this together. Your support is not just appreciated, it's crucial.

We can't save my Eric, but I want to save yours. And I know mine is proud of the work we are doing.

They say it takes a village, and my village has helped me get to this point.

I would love the opportunity to have a conversation with you and how you may be able to support and partner with Mullen's Miracles.

I look forward to working with you on helping Mullen's Miracles, a suicide prevention advocacy organization, Save 1 Million Lives or more, especially your "Eric".

Much love
Faithy Mullen

