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Dear Friends,

On behalf of Quell Foundation, I would like to extend a sincere thanks to Tower Beverage USA's Master Distributors. Your support and enthusiasm are what makes all the difference in helping remove the stigma associated with mental health.

The **First Responder Resilience Project** is an arm of Quell and has been developed by First Responders for First Responders. Our mission is simple:

**“Normalize a new culture for mental wellness in the first responder community by building resilient mindsets at work, home and into retirement through trusted and proven educational resources”**

At Quell, we strive to reduce the number of suicides, overdoses, and the incarceration of people with mental health illness. We work to accomplish this by encouraging people to share their stories, increasing access to mental health services, providing a pipeline of future mental health care professionals with scholarships, and training first responders to recognize mental health crisis warning signs amongst their own.

Your willingness to take risks in deploying change on behalf of this cause will have a positive impact on so many lives. Thank you for making a difference and helping start conversations that will make all our communities stronger, safer, and more resilient.

We are honored by your partnership.

Kevin M. Lynch  
Founder, CEO  
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QUELL /*kwell* v. 1. To bring order and balance to chaos

The Quell Foundation is a public not-for profit 501(c)(3) corporation registered in Massachusetts.