



REACH OUT. CHECK IN. MAKE CONTACT.

WHAT IS:

# SHOULDER CHECK

We live in a connected world, but young adults today continue to feel isolated. In fact, 1 in 4 young adults experience a mental health crisis each year. The risk remains high amongst youth athletes, as they face added pressure to perform at the individual and team levels.

But there is hope. Over 2/3 of them will accept support from a peer.



In honor of Hayden Thorsen, who left us far too early, #HT40 was founded in 2022 to bring people together through kindness and compassion, just as he did throughout his life. To inspire a culture of support through small actions that have big impact.

Like a hand on a shoulder that lets you know you're not alone.

That's what Shoulder Check is all about. It's a commitment to reaching out, checking in and making contact with those around you. A Shoulder Check is something everyone can do—in locker rooms, in the halls, on and off the ice. It's as simple as a "hey, how's it going?" to ensure the person next to you feels appreciated, supported and loved.

Our goal is to turn this into a daily habit/ritual through action-oriented initiatives that foster social connectedness.

KINDNESS ALERT



TAKE ACTION

To learn more about how you can show support and come together with our community, check out our Take Action page on <https://shouldercheck.org> and follow @TheShoulderCheck on Instagram.