



The Facts About Garrett's Space

Washtenaw County residents Julie and Scott Halpert founded Garrett's Space after losing their son, Garrett, to suicide when he was just 23 years old. Garrett's Space's mission is to reduce suicides and fill critical gaps in supportive care options for young adults with anxiety, depression and life challenges. We restore hope by strengthening peer connections and improving self-worth and resilience.

Garrett's Space hosts weekly Wellness Groups for this population as a supplement to individual therapy. Participants come together with professional facilitators for peer connection and a variety of mood-lifting activities. But a critical gap still must be filled.

Garrett's Space is working to build a non-medical residential space that will provide more comprehensive support. Surrounded by a warm community of caring staff, including social workers and facilitators, guests will stay on site for three to four weeks and engage in mood-lifting activities in a natural setting that promotes connections and healing. This innovative support option for young adults and their families in our community recently earned a \$4 million government award to build the center.

In the face of a mental health crisis, Garrett's Space provides a lifesaving option

Two recent national surveys tell us:

- 70% of young adults ages 18-24 reported being moderately to severely depressed.
- 57% of high school girls reported feeling sad or hopeless; 30% considered suicide.
- 25.5% of young adults ages 18 to 24 seriously considered suicide in the past 30 days. But only 4 in 10 young adults who attempt suicide receive mental health care.
- According to 2022 data from the Washtenaw County Health Department, 37.6 percent of teens felt sad or hopeless every day for the past two weeks.

What Garrett's Space will always be:

- Voluntary, for young adults who are struggling with depression, anxiety, and life challenges.
- A tranquil environment in nature with walking paths and gardens and structures that feel more like a home than a medical facility.
- A warm, welcoming space featuring holistic healing activities including: peer support, yoga, meditation, gardening, art, music, support groups with peers and nutritional cooking.
- A program designed by leading mental health professionals and informed by best practices at residential facilities across the country.
- A center staffed by top-level mental health experts who closely supervise the residents.
- A community where young adults can go to feel supported by their peers and staff

What Garrett's Space will never be:

- A hospital with a medical focus.
- A place that accepts those who are imminently suicidal, those with psychosis or mania or who represent a danger to others.
- A facility that provides long term psychiatric treatment.

"I encourage anyone 18-28 that's ever had that awful feeling of hurting yourself to consider Garrett's Space. A better life might be a few discussions away with your peers. Life is meant to be shared, and of all things, love is the prize. Garrett's Space runs on love." – A recent program participant

Each day, our community is losing more young people to suicide, while hundreds more struggle with anxiety and depression. Building this much needed resource for the community in this ideal space so conducive to healing will surely help to save lives.

To learn more visit: <https://www.garrettsspace.org/>

To get help for yourself or someone else at Garrett's Space, please contact Peggy Galimberti: peggy@garrettsspace.org or 734.212.6890