

## **ABOUT P.S. I LOVE YOU DAY, INC.:**

P.S. I Love You Day is a registered non-profit organization in New York State, dedicated to breaking down the stigma surrounding mental health. Our mission is to inspire hope in those impacted by mental illness, creating a nurturing community where everyone feels valued, accepted, and supported.

### **2025 P.S. I LOVE YOU DAY DATE: February 14, 2025**

P.S. I Love You Day is every second Friday of February. We hope you join us by wearing purple for the 15th annual celebration on February 14, 2025.

### **2025 THEME: A brighter tomorrow begins today.**

For the past 15 years, we have taken small steps toward a future where mental health is woven into everyday conversations and culture. By connecting with loved ones, embracing open dialogue, and taking actionable steps, we believe each day can bring new hope and growth for a brighter tomorrow.

