Dear <insert name>,

I am participating in Team AFSP's ***Marathon in a Month,*** supporting the Long Island Chapter of the American Foundation for Suicide Prevention. All funds raised will benefit AFSP's mission to **save lives** and **bring hope** to those affected by suicide. **I hope you will consider supporting my participation in this special event!**Any contribution will help the work of AFSP, and all donations are 100% tax deductible.

<insert personal story>

The American Foundation for Suicide Prevention ([AFSP](http://www.afsp.org/)) is at the forefront of research, education and prevention initiatives designed to reduce loss of life from suicide. With more than 48,000 lives lost each year in the U.S. and over one million worldwide, the importance of AFSP's mission has never been greater, nor our work more urgent.

**Donating online is safe and easy!** To make an online donation please visit https://supporting.afsp.org/event/LImarathon and click the "Donate" button. You can then search for my personal fundraising page by entering my name.

If you prefer to donate by check, please write my name in the memo line and mail to:

AFSP Long Island Chapter

17 Ridgeway Blvd

Bay Shore, NY 11706

AFSP is recognized as a 501(c)3 not-for-proit organization by the federal government. The tax ID number or EIN number for AFSP is 13-3393329. For additional financial information, please visit [www.afsp.org/financials](http://www.afsp.org/financials).

Thank you in advance for your consideration. Together we can stop suicide.

Sincerely,

<insert name>

<insert contact information>