

# Lookup.live

- what do they do

Provide funds for youth change-makers who is providing solution to youth mental health crisis

- who's their audience

youth change-makers

- what are their approaches

Provide funds and support, through these programs

1. Grants for Innovators,
2. Podcast to Amplify,
  1. Spotify Podcast
3. Events,
4. Give Youth a Platform

- what's their current program/project

## 1. Timely

1. Timely is a skill-sharing platform that connects users with others locally based on mutual skills, hobbies, or activities and helps coordinate a time/place to do them together.
2. <https://lookup.live/timely>

## 2. Write it Down

1. Communicating the power of journaling to be an agent of self comprehension and healing.
2. <https://lookup.live/writeitdown>

## 3. Ctrl + Z: The Climate Mental Health Podcast

1. Winners of the exposure labs storytelling grant
2. Youth are carrying the burden of the world's future and being asked to fix it. Ctrl+Z: The Mental Health podcast takes a deep dive into the intersecting issues that youth are grappling with and centers stories about youth resilience in the face of the climate crisis.
3. <https://lookup.live/ctrlzpodcast>

#### 4. GoYogi

1. We aim to increase access to proactive, mindfulness-based mental health education. Utilizing technology, GoYogi works to integrate custom stress management techniques, breathing exercises, and mindfulness practices directly into the school's culture and curriculum.
2. <https://lookup.live/goyogi>

#### 5. Growing Digital with Jules Terpak

1. Winners of the exposure labs storytelling grant
2. Growing Digital with Jules Terpak is a media platform that helps people understand how human-computer interaction is evolving.

#### 6. Highlight Reel

1. Who's behind the highlight reel? Highlight Reel is an exhibit exploring how the perfected versions of ourselves that we post on social media are only a fraction of the picture.
2. <https://lookup.live/highlightreel>

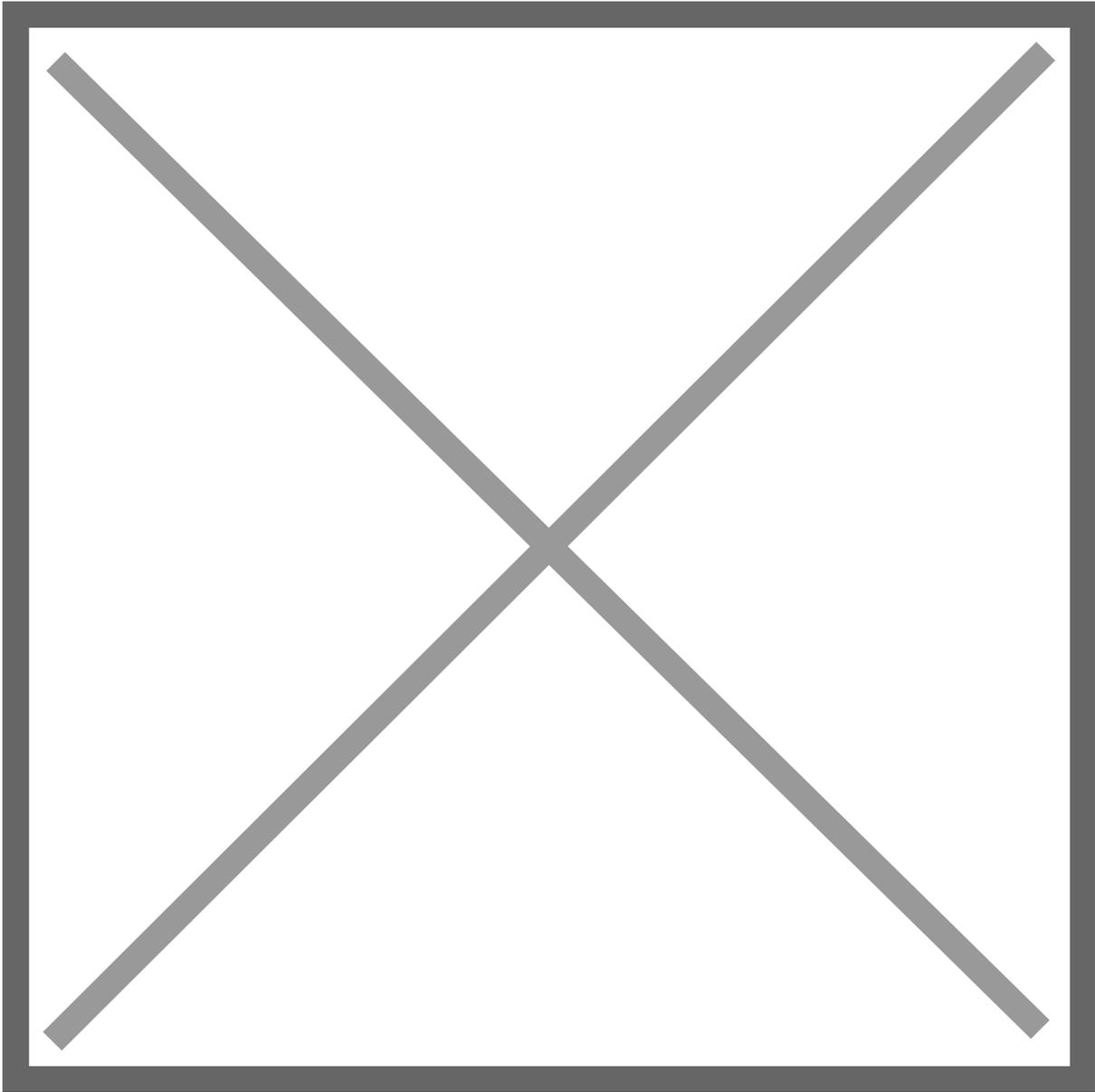
#### 7. Impact Playground

1. Winners of the exposure labs storytelling grant
2. Impact Playground aims to develop personalized and comprehensive social-justice education that empowers and equips youth to pursue diverse pathways to social impact.
3. <https://lookup.live/impactplayground>

#### 8. Know The System

1. We are a collective of activists that utilize the power of storytelling to shift the narrative on mental health and advance real solutions through policy, culture, and communication.
2. <https://lookup.live/knowthesystem>

#### 9. Others



- whats their organizational structure
  - Like Apex center at VT
- who fund them
- what else stands out
  - Contact past grant winner leaders? <https://lookup.live/innovators22>

[https://www.instagram.com/lookup\\_live/](https://www.instagram.com/lookup_live/)

<https://www.linkedin.com/company/lookup-live/>

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