



Depressed Cake Shop

Where there is cake, there is hope



HOLD ON COOKIE!

One in four people will suffer from, or be touched by, a mental health issue at some point in their lives.

The **Depressed Cake Shop** is a unique (and delicious) platform designed to raise awareness of these challenges. We provide a safe place for conversation and a detailed toolkit that will enable interested bakers and organizers to raise funds for mental health charities through locally organized pop-ups.

The idea was conceived by Emma Cakehead in the UK and to date more than 30 Depressed Cake Shops have popped up all over the world. Since the inaugural shop opened in August 2013, this all-volunteer effort has raised over \$70,000.

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