



The Peyton Heart Project

<http://www.thepeytonheartproject.org/>

Our Mission:

To help raise global awareness about suicide, bullying, and to help end the stigma surrounding mental health issues.

The Peyton Heart Project was inspired by several stories including that of a 13-year-old boy named Peyton James who died by suicide in 2014.

During Peyton's young life he had experienced a tremendous amount of bullying by his peers. Many of us know far too well what the negative effects of bullying are on a child and how difficult it can be to believe that it will ever get better. Far too often bullying leads to depression, anxiety, and other mental health issues. Sometimes these issues can increase the likelihood of suicide.

The delicate hearts, each one made by hand and each one representing the delicate heart of a life lost to suicide, have various inspiring quotes attached to them, along with our social media information. The hearts are placed in public places around the world for people to find during their everyday lives. We hope the hearts cause people to stop for a moment and reflect on a life lost to suicide, on bullying and on the fact that everyone's life matters. We want to leave people with a feeling that there is still good out there in the world and we would like to inspire others to join us on this mission of kindness.

What if I find a Peyton Heart?

You can stop by the Mount Arlington Public Library to get one. If you find a Peyton Heart Project heart in your travels, please take a photo of it & e-mail it to us at: **YouAreTrulyBeautiful@yahoo.com**

Please post the photo on your favorite social media site and tag the photo with **#PeytonHeartProject** *and* the **city/state/country** you found it in.

Hearts have been found in all 50 States in the United States! A Peyton Heart Project heart was left on the Great Wall of China in 2017.

Other Countries: Algeria, Argentina, Australia, Austria, The Bahamas, Belgium, Bermuda, Brazil, Canada, Cayman Islands, Chile, China, Colombia, Costa Rica, Croatia, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Guatemala, Guernsey Channel Islands, Hungary, Iceland, India, Indonesia, Iraq, Ireland, Israel, Italy, Japan, Jersey Channel Island, Kuwait, Latvia, Liberia, Malaysia, Malta, Mexico, Namibia, The Netherlands, New Zealand, North Sea, Norway, Philippines, Poland, Portugal, Puerto Rico, Qatar, Romania, Russia, Saudi Arabia, Scotland, Singapore, Slovakia, Slovenia, South Africa, South Korea, Spain, Swaziland, Sweden, Switzerland, Thailand, Turkey, United Kingdom, Vietnam, Zambia.

The Peyton Heart Project is a 501(c)3 non-profit organization. Donations are tax deductible.