

Mission:

To support mental health, socialization, and psychological safety through online gaming, with a focus on building community and providing a safe and inclusive environment for all participants.

Goals

- To provide a space for all individuals (focusing on ages 8-18) to connect and socialize through online gaming.¹
- To develop a network of moderators to monitor and facilitate guided discussions and in-game activities supporting mental health and psychological safety.
- To reduce social isolation and improve overall well-being for participants by creating a supportive and inclusive community.
- To promote awareness and understanding of mental health conditions and reduce stigma through education and open discussion within the group.
- To offer resources and referrals for mental health support and services to those who may need it.²
- To partner with mental health organizations to raise awareness of how the gaming community can provide a social support network for young people and their mental health.

Problem Statement

Mental health issues, social isolation, and poor overall health are significant challenges for many individuals, particularly in the post COVID-19 pandemic world. Studies have shown that social isolation, low self-esteem, and negative self-image can be risk factors for self-harm.³ If children who enjoy playing video games are stigmatized or bullied for their interests, they may feel socially isolated and develop a negative self-image. This could lead to feelings of hopelessness, which may increase the risk of self-harm.⁴ Additionally, some studies have suggested that excessive gaming can be associated with poor mental health outcomes, such as depression and anxiety, which are also risk factors for self-harm.⁵

¹ (No other requirements other than an agreement to participate during formal in-game activities)

² (These will be openly available via the website and in-game posting. Future state may integrate mental health professionals to provide support, monitoring, and diagnoses)

³ Motillon-Toudic C, Walter M, Séguin M, Carrier JD, Berrouguet S, Lemey C. Social isolation and suicide risk: Literature review and perspectives. *Eur Psychiatry*. 2022 Oct 11;65(1):e65. doi: 10.1192/j.eurpsy.2022.2320. PMID: 36216777; PMCID: PMC9641655.

⁴ Victoria M. R. Mullan, Dennis Golm, Jacob Juhl, Sana Sajid, Valerie Brandt, The relationship between peer victimisation, self-esteem, and internalizing symptoms in adolescents: A systematic review and meta-analysis, *PLOS ONE*, 10.1371/journal.pone.0282224, 18, 3, (e0282224), (2023).

⁵ Umer Hussain, Sami Jabarkhail, George B. Cunningham, Jean A. Madsen, The dual nature of escapism in video gaming: A meta-analytic approach, *Computers in Human Behavior Reports*, Volume 3, 2021, 100081, ISSN 2451-9588, <https://doi.org/10.1016/j.chbr.2021.100081>.

Overall, while the stigma of gaming may not directly cause self-harm, it could contribute to negative mental health outcomes that increase the risk of self-harm. It's important for parents and educators to recognize the importance of healthy gaming habits and to promote positive attitudes towards gaming to reduce the potential risks associated with excessive gaming and social exclusion. Parent education can be an important tool to implement in future phases of the project.

While there are many resources available to address these issues, there is a need for innovative and engaging solutions that can reach individuals. However, many individuals lack access to the social capital, awareness, or resources needed to participate in online gaming, particularly those who are already marginalized or underserved.

Why this Matters to Me

As an avid gamer who lives with anxiety and depression, I have found solace and support in the gaming community. Gaming has been a way for me to connect with like-minded individuals who accept me for who I am and provide a space for me to recharge my mental battery. The people I've met through gaming have become some of my best friends and closest confidants, even though we may not have traditional in-person relationships. The ability to find a selected, diverse group that will converse and interact without judgment has been a powerful tool for psychological safety, leading to motivation, engagement, and security.^{6 7}

This is why the work of this organization is so important to me. It's not just about being able to play the games I love, but also about finding supportive communities in a world that can often be toxic and unwelcoming. I believe that everyone deserves to have a safe and welcoming space to enjoy their hobbies and passions, regardless of what those may be. That's why I'm here with a mission to create a positive and inclusive gaming community.

Through our programs and initiatives, we are working to combat toxic behavior, normalize talking about emotions, and promote positivity in the gaming world. We recognize that gaming can be a powerful tool for connection and mental health, and we are dedicated to creating a space where everyone can feel welcome and supported.⁸ As someone who has personally experienced the benefits of the gaming community, I am excited for the work we will be doing and proud to support the mission.

⁶ Harvard Business Review, 2023 - <https://hbr.org/2023/02/what-is-psychological-safety>

⁷ Koukourikos K, Tsaloglidou A, Tzehe L, Iliadis C, Frantzana A, Katsimbeli A, Kourkouta L. An Overview of Play Therapy. *Mater Sociomed*. 2021 Dec;33(4):293-297. doi: 10.5455/msm.2021.33.293-297. PMID: 35210953; PMCID: PMC8812369.

⁸ Kowal M, Conroy E, Ramsbottom N, Smithies T, Toth A, Campbell M. Gaming Your Mental Health: A Narrative Review on Mitigating Symptoms of Depression and Anxiety Using Commercial Video Games. *JMIR Serious Games*. 2021 Jun 16;9(2):e26575. doi: 10.2196/26575. PMID: 34132648; PMCID: PMC8277305.

We will be successful if we can raise awareness and provide support for mental health issues, remove the stigma and prejudice surrounding mental health & video games, and normalize getting care for these issues. My journey to understanding and acceptance has saved my life many times over. Suffering silently is something no one should endure.

Please join me in this journey to help fill out our adventuring party and embark on our epic quest.

Solution

Online gaming has the potential to be such a solution, offering opportunities for socialization, mental stimulation, and overall wellness in a fun and engaging format. By providing a charitable group that supports mental health, socialization, and psychological safety by playing online games together, we can help address these challenges via judgment-free spaces for people to build confidence, express themselves, and engage in play therapy-style activities.⁹ This is one step to provide a much-needed source of support and community for individuals who may be struggling with mental health issues, social isolation, or poor overall health.¹⁰

Who we are

We are a charitable organization dedicated to promoting mental health, socialization, and well-being for the gaming community and beyond. Our mission is to break down emotional, physical, and financial barriers to the hobby, and create safe spaces for online play and discussion. This can be accomplished via community partnerships, future grants/support from corporations, and volunteers to be a part of the initial training groups for moderators. Having this group of moderators, combined with free or subsidized access to games and dedicated servers will then be combined with online applications to ensure the community in-game is vetted and appropriate for the goals set forth in this document.

What we Provide

Our pilot program includes three distinct pathways.

The first is a structured program designed to help those who want to get into gaming but may face obstacles such as lack of access or financial constraints. Our goal is to provide resources and support to help them overcome these challenges and find a way to enter the gaming world.

The second pathway consists of informal online gaming sessions where we create a safe space for individuals to come together and play games. We also provide a forum for sharing experiences,

⁹ Kowal M, Conroy E, Ramsbottom N, Smithies T, Toth A, Campbell M. Gaming Your Mental Health: A Narrative Review on Mitigating Symptoms of Depression and Anxiety Using Commercial Video Games. *JMIR Serious Games*. 2021 Jun 16;9(2):e26575. doi: 10.2196/26575. PMID: 34132648; PMCID: PMC8277305.

¹⁰ Martin Sundberg, Online gaming, loneliness and friendships among adolescents and adults with ASD, *Computers in Human Behavior*, Volume 79, 2018, Pages 105-110, ISSN 0747-5632, <https://doi.org/10.1016/j.chb.2017.10.020>.

discussing gaming topics, and building community. These cadenced small/medium group options serve as open spaces for expression and communication hosted in various gaming worlds. These sessions focus not only on the healthy socialization of play but also on structured lines of conversation with safe spaces to share in a diverse, nonjudgmental group. Our moderators have backgrounds in the game being played, training in the basics of leading facilitated discussions, and completed a train-the-trainer session. There will be ongoing efforts to engage a wide variety of mental health professionals to assist with training, and to be available for questions or escalations as they arise. Future states of the project will look to integrate mental health professionals into game sessions to provide real-time support and possible diagnoses.

Lastly, we offer "one-shot" sessions that expand our services to meet the needs of the gaming community and their support network. For example, we plan to offer programs for parents who want to learn more about their child's gaming habits and provide guidance on how to make gaming a positive experience for the whole family. Our focus is on normalizing mental health discussions and celebrating community successes for gamers and non-gamers alike. Join us in our mission to promote mental health, socialization, and well-being for the gaming community and those who love them.

What we Need

To be successful, our organization will need:

1. **Fundraising**

There will be a place for individual contributors (with tiered support list and benefits) as well as corporate backing, with strategy to be determined.

2. **Marketing**

This will include a website, press release, podcast/show appearances, and paid advertising.

3. **Technology**

For example, we would like to have dedicated hosted (via a service or in-house) servers when available for a game, to provide a sandboxed/safe environment. We also need bandwidth, website hosting, and document/media storage systems in place. For initial launch, participants will need a device connected to the internet. PC/Mac/mobile/tablet will be supported. Hosting will be provided by the founder of this project, with plans for scalability via 3rd party vendors in the future. Individual game licenses for pilot will be purchased by the founder, with future partnerships to scale the cost of additional licenses.

4. **Staffing**

The group will need to operate at initialization with volunteers for pilot. This may change depending on fundraising.

Appendices

Appendix A: Empirical Evidence/Case Studies

Studies that have explored the use of video games as a treatment for depression or anxiety:

1. **SPARX: A Computer Program for the Treatment of Adolescent Depression**

This study, published in the British Medical Journal, found that a computer game called SPARX was as effective as traditional therapy for treating depression in teenagers.

2. **Virtual Reality Exposure Therapy for Anxiety Disorders: A Meta-Analysis**

This meta-analysis of studies on virtual reality exposure therapy found that it was a promising treatment for anxiety disorders, and that video games could be an effective way to deliver this therapy.

3. **A Randomized Controlled Trial of 'SPARX', a Computer-Based Intervention for Adolescents Seeking Help for Depression**

This study found that the SPARX computer game was more effective than treatment as usual for treating depression in adolescents.

4. **The Use of Videogames, Social Media, and Online Chatting as Tools for Combatting Social Isolation and Depression in Older Adults: A Review**

This review article explores how video games and other online technologies can be used to combat social isolation and depression in older adults.

5. **The Potential of Digital Games as an Empowerment Tool for People with Depression: Exploring the Perspectives of Patients and Mental Health Professionals**

This study found that video games could be a valuable tool for empowering people with depression, and that patients and mental health professionals were generally positive about the use of games in treatment.

These studies suggest that video games can be a valuable tool for treating depression and anxiety, and that they may be particularly effective for young people and older adults. However, it's important to note that video games should be used in conjunction with other treatments, and that they may not be effective for everyone.

Appendix B: Example Press Release

New Nonprofit Promotes Mental Health and Socialization Through Online Gaming

[Location], [Date] – A new nonprofit organization dedicated to promoting mental health, socialization, and psychological safety through online gaming is launching today. The mission is clear: to provide a space for individuals to connect and socialize through online gaming, with a focus on supporting mental health and psychological safety. The organization is not just for gamers, but also for friends, family, parents, and community members.

The COVID-19 pandemic has highlighted the significant challenges of mental health issues, social isolation, and poor overall health, particularly for individuals who are already marginalized or underserved. While many resources are available to address these issues, there is a need for innovative and engaging solutions that can reach individuals in a way that is both accessible and effective. This is where the new nonprofit organization comes in.

Online gaming has the potential to be such a solution, offering opportunities for socialization, mental stimulation, and overall wellness in a fun and engaging format. By providing a charitable group that supports mental health, socialization, and psychological safety by playing online games together, the organization can help address these challenges and provide a much-needed source of support and community for individuals who may be struggling with mental health issues, social isolation, or poor overall health.

The organization's pilot program includes three distinct pathways. The first is a structured program designed to help those who want to get into gaming but may face obstacles such as lack of access or financial constraints. The second pathway consists of informal online gaming sessions where the organization creates a safe space for individuals to come together and play games. The third pathway offers "one-shot" sessions that expand the organization's services to meet the needs of the gaming community and their support network.

"Our focus is on normalizing mental health discussions and celebrating community successes for gamers and non-gamers alike," said [Founder's Name], the organization's founder. "We aim to break down emotional, physical, and financial barriers to the hobby, and create safe spaces for online play and discussion."

The organization draws on empirical evidence and case studies that have explored the use of video games as a treatment for depression or anxiety. Studies have found that video games can be an effective tool for treating depression and anxiety, and that they may be particularly effective for young people and older adults.

Join the new nonprofit organization in its mission to promote mental health, socialization, and well-being for the gaming community and those who love them. For more information, visit [Website URL].

Appendix C: Potential Rules and Guidelines:

1. **Be respectful:** All participants should treat each other with respect and refrain from engaging in any kind of discriminatory or abusive behavior, including but not limited to racism, sexism, homophobia, and ableism.
2. **Maintain confidentiality:** Participants should respect each other's privacy and keep any personal information shared during group activities confidential.
3. **Follow game-specific rules:** All participants should adhere to the rules and guidelines established for the specific games being played, including any code of conduct or community guidelines provided by the game developers.
4. **Avoid inappropriate content:** Participants should avoid sharing or creating any content that is inappropriate or offensive, including but not limited to explicit language, images, or themes.
5. **Report any concerns:** Participants should feel comfortable reporting any concerns or issues to the group leader or moderator, who will handle the situation appropriately.
6. **Participate at your own risk:** Participants should understand that participation in the group is voluntary and that they assume all risk associated with participation in online gaming activities.
7. **Follow local laws and regulations:** All participants should follow local laws and regulations related to online gaming and should not engage in any activity that is illegal or prohibited.
8. **Use standard guidelines to address mental health crises:** Moderators will follow guidance from the National Institute of Mental Health to escalate any potential mental health crises. <https://www.nimh.nih.gov/health/find-help>

Failure to follow above guidelines will be reviewed on a case-by-case basis, with repercussions ranging from verbal warnings, to suspensions, to expulsion from the program for severe or repeated offenses.

Appendix D: FAQs

What are the benefits to health from playing online games?

Playing online games can have a variety of benefits for health, including:

1. **Reducing stress and anxiety:** Playing online games can be a great way to relax and unwind, and can help reduce feelings of stress and anxiety. It can also provide a distraction from the challenges of everyday life.
2. **Improving cognitive function:** Many online games require players to use problem-solving skills, memory, and other cognitive abilities. Regularly engaging in such activities can help improve cognitive function and may even help stave off cognitive decline in older adults.
3. **Enhancing social connections:** Online gaming can be a great way to make new friends and connect with others who share similar interests. This can be especially valuable for individuals who may feel socially isolated or have difficulty making social connections in other contexts.
4. **Boosting mood and well-being:** Playing online games can be a fun and engaging activity that provides feelings of accomplishment and can boost mood and overall well-being.
5. **Providing a purpose:** Many online games offer opportunities for players to set goals and work towards achieving them. This can provide a purpose and motivation that can translate to other areas of life.

It's important to note that while online gaming can have benefits for health, it's also important to maintain a healthy balance and not let gaming become all-consuming. It's recommended to take regular breaks and engage in other activities that promote physical activity and social interaction.

What are social benefits of playing cooperative and competitive online games?

Playing cooperative and competitive online games can have a variety of social benefits, including:

1. **Building relationships:** Playing games with others can be a great way to build relationships and connect with others who share similar interests. Cooperative games can foster teamwork and encourage players to work together, while competitive games can create a friendly rivalry and help build bonds between players.
2. **Improving communication skills:** Online games often require players to communicate effectively with each other in order to coordinate strategies or make split-second decisions. This can help players develop and improve their communication skills, which can be useful in both personal and professional contexts.

3. **Developing social skills:** Online games can provide opportunities to practice social skills such as cooperation, compromise, and conflict resolution. This can be especially valuable for individuals who may have difficulty with social interactions in other contexts.
4. **Providing a community:** Many online games have large and active communities of players who share tips, strategies, and resources. This can provide a belonging and connection to something larger than oneself.
5. **Encouraging diversity and inclusivity:** Online games can bring together players from diverse backgrounds and cultures, creating opportunities for cross-cultural learning and understanding. Many games also promote inclusivity and tolerance through the use of diverse characters and storylines.

Overall, playing cooperative and competitive online games can be a fun and engaging way to connect with others and develop social skills. It's important to maintain a healthy balance and not let gaming become all-consuming, but when played in moderation, online games can be a valuable tool for social interaction and community building.

What negative impacts can come from the stigma of playing video games?

The stigma of playing video games can have a negative impact on children in several ways:

1. **Social isolation:** Children who are stigmatized for playing video games may feel socially isolated and excluded from their peers who do not play video games. This can lead to feelings of loneliness and even depression.
2. **Negative stereotypes:** Children who play video games may be subject to negative stereotypes, such as being labeled as "geeks" or "nerds." These stereotypes can be hurtful and may lead to bullying or other forms of social exclusion.
3. **Lack of confidence:** If children are stigmatized for playing video games, they may begin to doubt their own interests and abilities. This can erode their self-confidence and prevent them from pursuing their passions.
4. **Negative self-image:** Stigmatization can lead to negative self-image and feelings of shame. Children may feel that playing video games is something to be ashamed of and may even try to hide their interest in gaming from others.
5. **Unhealthy coping mechanisms:** If children feel stigmatized and excluded, they may turn to video games as a coping mechanism. While video games can be a healthy form of entertainment, using them as a way to escape negative feelings or social isolation can be problematic.

What are the best games to play online with friends?

The best games to play online with friends will depend on individual preferences and interests. Here are some popular options across various genres:

1. Among Us: A multiplayer game where players work together to complete tasks on a spaceship while trying to identify and vote off any imposters among the crew.
2. Fortnite: A battle royale game where players compete against each other to be the last person standing on an island. Players can also team up in squads to work together to eliminate other players.
3. Call of Duty: A first-person shooter game where players can compete against each other in various game modes such as deathmatch, capture the flag, and more.
4. Minecraft: A sandbox game where players can explore and create their own worlds together, either in survival mode or creative mode.
5. Rocket League: A sports game where players control cars to play soccer, basketball, or hockey against each other.
6. Overwatch: A team-based shooter game where players work together to complete objectives and defeat the opposing team.
7. Jackbox Games: A collection of party games that can be played online with friends, such as Quiplash, Fibbage, and Trivia Murder Party.
8. World of Warcraft: A massively multiplayer online role-playing game (MMORPG) where players can form guilds and complete quests, raids, and other activities together.

What are examples of some key highlights of online play:

Diablo 2

- Intense and challenging action-RPG gameplay, with fast-paced combat and a focus on loot and character progression.
- Ability to play with friends or strangers in both cooperative and competitive modes, including multiplayer quests, duels, and team-based matches.
- Deep customization options for character builds and gear, allowing players to experiment with different playstyles and strategies.
- Online trading and player marketplaces for buying and selling rare or valuable items, providing an additional layer of engagement and economy.
- Possibility to join or create clans, groups of players who band together to tackle difficult challenges or compete with others.

Minecraft

- Open-ended gameplay that encourages creativity and exploration, with a wide variety of game modes and customization options to suit different playstyles.
- Option to play with friends or strangers in both cooperative and competitive modes, including building projects, survival challenges, and mini-games.

- Wide range of user-created mods and custom maps available online, providing endless possibilities for new experiences and content.
- Community-driven content creation and sharing, with players able to share and download custom builds, skins, and other creations.
- Educational potential for Minecraft in schools, with teachers able to use the game to teach subjects such as math, history, and geography.

World of Warcraft

- Rich and immersive game world with a vast array of characters, creatures, and storylines to explore.
- Cooperative gameplay with friends or strangers in a variety of quests, raids, and other activities.
- Chance to form or join a guild, a group of players who band together to support each other, compete with others, or progress in the game together.
- Opportunity to engage in player versus player (PvP) combat, where players can compete against each other for rewards or bragging rights.
- Frequent updates and expansions to keep the game fresh and exciting, as well as new events and challenges to participate in.

Appendix E: Non-profit start up checklist

1. **Articles of Incorporation or Articles of Association:** These are legal documents that establish your charity as a legal entity and set out its purpose, structure, and governance.
2. **Bylaws or Constitution:** These are internal rules and regulations that govern the day-to-day operations of your charity, such as membership, meetings, voting, and decision-making.
3. **Tax Exemption Application:** Depending on your location, you may need to apply for tax-exempt status with your local or national tax authority in order to receive tax benefits and accept tax-deductible donations.
4. **Business License:** You may need to obtain a business license or other permits from your local government in order to operate your charity.
5. **Bank Account:** You will need to open a separate bank account for your charity in order to manage donations and expenses.
6. **Donor Acknowledgment Letters:** You may need to provide written acknowledgment to donors who contribute more than a certain amount to your charity, in order to comply with tax regulations.
7. **Annual Reports:** You will need to prepare and file annual reports with your local or national regulatory agency, such as the IRS in the US or the Charity Commission in the UK.

If the charitable organization is going to be a separate branch of an existing LLC, some of the required documents may already be in place. However, you will still need to establish the charitable organization as a legal entity, separate from the LLC, to ensure that it is eligible to receive tax-deductible donations and to limit the liability of the LLC. Here are documents to consider:

1. **Articles of Incorporation or Articles of Association:** Even if the LLC is already incorporated, you will need to establish a separate legal entity for the charitable organization. This will require filing articles of incorporation or articles of association with your state or province.
2. **Bylaws or Constitution:** You will need to create bylaws or a constitution for the charitable organization, even if the LLC already has its own set of internal rules.
3. **Tax Exemption Application:** You will need to apply for tax-exempt status with your local or national tax authority in order to receive tax benefits and accept tax-deductible donations.

4. **Bank Account:** You will need to open a separate bank account for the charitable organization in order to manage donations and expenses.
5. **Donor Acknowledgment Letters:** You may need to provide written acknowledgment to donors who contribute more than a certain amount to your charity, in order to comply with tax regulations.
6. **Annual Reports:** You will need to prepare and file annual reports with your local or national regulatory agency, such as the IRS in the US or the Charity Commission in the UK.

Appendix F: Learning Limit, LLC information (parent company)

Mission Statement: At Learning Limit, LLC, our mission is to empower individuals and organizations to achieve their full potential through quality, creative, and inclusive learning and development solutions. We are committed to providing tailored training, onboarding, and leadership development programs that foster growth and drive results for our clients.

Vision Statement: Our vision at Learning Limit, LLC is to be a leading provider of innovative and effective learning and development solutions. We strive to create a culture of continuous learning and improvement, where diversity and inclusion are celebrated, and creativity and integrity are the foundation of everything we do. Our goal is to be a partner in our clients' success, helping them to achieve their goals and drive positive change in their organizations and communities.

Appendix G: Possible Names:

1. Gaming for Growth
2. Limitless Play
3. Inclusive Gaming Alliance
4. Play to Empower
5. Level Up

Appendix H: Informal Charter (WIP)

Charter for [Charity Name]

Article I: Name and Purpose

Section 1: Name

The name of the organization shall be [Charity Name], hereafter referred to as the "Charity".

Section 2: Purpose

The purpose of the Charity is to promote mental health, socialization, and overall health through online gaming. The Charity shall achieve this purpose by organizing and facilitating online gaming events that foster community, promote healthy competition, and provide opportunities for personal and collective growth. The Charity shall also seek to provide resources and support to individuals who may be struggling with mental health issues, social isolation, or poor overall health, particularly those who are marginalized or underserved.

Article II: Membership

Section 1: Eligibility

Membership in the Charity shall be open to all individuals who share the purpose and values of the organization and who are willing to support its mission through participation in online gaming events and/or other forms of engagement.

Section 2: Rights and Responsibilities

Members of the Charity shall have the right to participate in online gaming events, receive updates on the organization's activities and initiatives, and contribute to the development of the Charity's mission and vision. Members shall also have the responsibility to abide by the rules and guidelines of the Charity, as well as to contribute to a positive and inclusive community that supports the mental health, socialization, and overall wellness of all members.

Article III: Governance

Section 1: Leadership

The Charity shall be led by a Board of Directors, consisting of a President, Vice President, Secretary, and Treasurer. The Board of Directors shall be responsible for setting the strategic direction of the organization, overseeing its activities and initiatives, and ensuring that the Charity operates in accordance with its purpose and values.

Section 2: Elections

Board members shall be elected by the membership of the Charity on an annual basis. All members in good standing shall be eligible to vote in Board elections.

Section 3: Meetings

The Board of Directors shall meet on a regular basis, as determined by the President. Special meetings may be called by the President or by a majority of the Board members.

Article IV: Finances

Section 1: Funding

The Charity shall be funded through donations, grants, and other forms of support. All funds received shall be used to further the purpose and mission of the Charity.

Section 2: Budget

The Board of Directors shall be responsible for creating and approving an annual budget for the Charity. The Treasurer shall be responsible for maintaining accurate financial records and providing regular reports to the Board.

Article V: Amendments

Section 1: Procedure

This charter may be amended by a two-thirds vote of the Board of Directors, provided that notice of the proposed amendment(s) has been given to all members at least two weeks prior to the vote.

Section 2: Effective Date

Any amendments to this charter shall become effective immediately upon approval by the Board of Directors.

Article VI: Dissolution

Section 1: Procedure

In the event that the Charity is dissolved, any remaining funds or assets shall be distributed to a charitable organization(s) whose purpose and values are consistent with those of the Charity, as determined by the Board of Directors.

Section 2: Notice

Notice of the dissolution shall be given to all members of the Charity at least two weeks prior to the effective date of the dissolution.

Approved and Adopted by the Board of Directors on [Date]

Appendix I: Articles of Incorporation (WIP)

ARTICLES OF INCORPORATION OF [INSERT NAME OF CHARITY]

I. Name

The name of the corporation is [Insert Name of Charity] (the "Corporation").

II. Duration

The period of the Corporation's duration is perpetual.

III. Purpose

The Corporation is organized exclusively for charitable, religious, educational, and scientific purposes within the meaning of Section 501(c)(3) of the Internal Revenue Code of 1986, as amended (the "Code"). The specific purposes for which the Corporation is organized are as follows:

[Insert Purposes of the Corporation]

IV. Nonprofit Status

The Corporation is organized on a nonprofit basis.

V. Registered Office and Agent

The Corporation shall have and continuously maintain in the state of North Carolina a registered office and a registered agent whose office is identical with such registered office, as required by the North Carolina Nonprofit Corporation Act.

VI. Members

The Corporation shall have no members.

VII. Board of Directors

The affairs of the Corporation shall be managed by a Board of Directors, consisting of at least [Insert Number] and not more than [Insert Number] individuals. The number of directors may be changed by amendment of these Articles of Incorporation or the bylaws of the Corporation. The initial Board of Directors shall consist of the following individuals:

[Insert Names and Addresses of Initial Board Members]

The term of office for each director shall be [Insert Term of Office]. Directors may serve for multiple terms.

VIII. Incorporator

The name and address of the incorporator is as follows:

[Insert Name and Address of Incorporator]

IX. Registered Agent

The name and address of the initial registered agent for the Corporation is as follows:

[Insert Name and Address of Registered Agent]

X. Dissolution

Upon the dissolution of the Corporation, the Board of Directors shall, after paying or making provision for the payment of all of the liabilities of the Corporation, dispose of all of the assets of the Corporation exclusively for the purposes of the Corporation in such manner or to such organization or organizations organized and operated exclusively for charitable, educational, religious, or scientific purposes as shall at the time qualify as an exempt organization or organizations under Section 501(c)(3) of the Code or corresponding provisions of any future federal tax code, or shall be distributed to the federal government or to a state or local government for a public purpose.

XI. Amendments

These Articles of Incorporation may be amended in the manner provided by the North Carolina Nonprofit Corporation Act.

IN WITNESS WHEREOF, the undersigned incorporator has executed these Articles of Incorporation on the [Insert Date].

[Insert Name of Incorporator]

Appendix J: Bylaws/Constitution (WIP)

BYLAWS OF [INSERT NAME OF CHARITY]

ARTICLE I – NAME AND PURPOSE

Section 1. Name The name of the organization shall be [Insert Name of Charity] (the "Charity").

Section 2. Purpose The purpose of the Charity shall be to [Insert Purpose of Charity], consistent with the requirements of Section 501(c)(3) of the Internal Revenue Code of 1986, as amended.

ARTICLE II – MEMBERSHIP

Section 1. Membership The Charity shall have no members.

ARTICLE III – BOARD OF DIRECTORS

Section 1. Powers The business and affairs of the Charity shall be managed by its Board of Directors. The Board of Directors shall have all of the powers conferred upon it by law and by these Bylaws.

Section 2. Composition The Board of Directors shall consist of at least [Insert Number] and not more than [Insert Number] directors, as determined by the Board of Directors from time to time. The directors shall be elected by the Board of Directors.

Section 3. Term of Office The term of office for each director shall be [Insert Term of Office], or until his or her successor is duly elected and qualified. Directors may serve for multiple terms.

Section 4. Meetings The Board of Directors shall hold regular meetings at least [Insert Frequency of Meetings] during the year, at such times and places as the Board of Directors may determine. Special meetings of the Board of Directors may be called by the Chair of the Board or by any two directors upon notice to the other directors.

Section 5. Quorum A quorum for the transaction of business at any meeting of the Board of Directors shall be [Insert Quorum], provided that at least one-half of the directors then in office are present.

Section 6. Action by Directors The act of a majority of the directors present at a meeting at which a quorum is present shall be the act of the Board of Directors.

ARTICLE IV – OFFICERS

Section 1. Officers The officers of the Charity shall be a Chair of the Board, a Secretary, and a Treasurer. The Chair of the Board shall be elected by the Board of Directors from among the directors. The Secretary and the Treasurer may be elected from among the directors or from outside the Board of Directors.

Section 2. Election and Term of Office The officers shall be elected by the Board of Directors at the first meeting of the Board of Directors following the annual meeting of the Charity. The term of office for each officer shall be [Insert Term of Office], or until his or her successor is duly elected and qualified. Officers may serve for multiple terms.

Section 3. Chair of the Board The Chair of the Board shall preside at all meetings of the Board of Directors and shall perform such other duties as may be assigned by the Board of Directors.

Section 4. Secretary The Secretary shall keep the minutes of all meetings of the Board of Directors and shall perform such other duties as may be assigned by the Board of Directors.

Section 5. Treasurer The Treasurer shall be responsible for the financial affairs of the Charity and shall perform such other duties as may be assigned by the Board of Directors.

ARTICLE V – COMMITTEES

Section 1. Committees The Board of Directors may establish committees as it deems appropriate. Each committee shall have a chair, who shall be appointed by the Chair of the Board, and may have such other members as the Board of Directors may determine.

Section 2. Authority Each committee shall have such powers and authority as may be delegated to it by the Board of Directors.

Appendix K: Non-Profit Application

1. Obtain an EIN (Employer Identification Number) from the IRS: Before you can apply for tax exemption, you will need to obtain an EIN from the IRS. You can do this online at the IRS website.
2. Complete Form 1023: <https://www.irs.gov/forms-pubs/about-form-1023>
This is the Application for Recognition of Exemption under federal/NC.
3. Prepare supporting documents: Along with Form 1023, you will need to submit various supporting documents, including a copy of your articles of incorporation, bylaws, and financial statements.
4. Pay the filing fee
5. Submit your application
6. Receive a certificate of exemption, which will allow your organization to operate as a tax-exempt nonprofit in the state.

Appendix L: Donor Acknowledgement Letter

[Your Organization's Letterhead]

[Date]

[Donor Name] [Donor Address] [Donor City, State ZIP Code]

Dear [Donor Name],

On behalf of [Your Organization's Name], I would like to express our sincere gratitude for your generous donation of [Donation Amount] on [Donation Date]. Your support is critical to our mission of promoting mental health, socialization, and overall health through online gaming.

We are proud to have you as a partner in this important work, and we are committed to using your donation in the most effective way possible to support our programs and initiatives.

As a tax-exempt nonprofit organization under section 501(c)(3) of the Internal Revenue Code, your donation is tax-deductible to the extent allowed by law. No goods or services were provided in exchange for your contribution.

Once again, thank you for your generosity and support. Your contribution will make a real difference in the lives of those we serve.

Sincerely,

[Your Name] [Your Title] [Your Organization's Name]

Appendix M: Financial Statement Templates

1. Nonprofit Accounting Template: This template from Smartsheet includes a balance sheet, income statement, and cash flow statement, as well as a dashboard to track key financial metrics.
2. Nonprofit Budget Template: This template from Microsoft includes a budget worksheet, cash flow projection, and variance analysis to help you manage your organization's finances.
3. Nonprofit Fund Accounting Template: This template from Template.net is designed specifically for fund accounting, with separate tabs for each fund's financial activity.
4. Nonprofit Financial Statement Template: This template from BizFilings includes a balance sheet, income statement, and statement of cash flows, as well as a section for notes and disclosures.

END