
Picking Me Foundation NFP

is the only donor-supported nonprofit dedicated to advocating Dermatillomania (Skin Picking Disorder) for sufferers, supporters, and educational communities alike, encouraging individuals to choose themselves over the mental illness that chose them by #PickingMe over Skin Picking.

Chicago BFRB Support Group Members

- 2017: 0
- 2018: 20+

Picking Me Website Visitors

- 2017: 5k
- 2018: 28.5k

Social Media Followers

- Instagram: 2.4k
- Facebook: 855
- Twitter: 2.5k

Resources Tested for Skin Picking Disorder

- Almost 3000 Fiddle Packs Sent Out To Date
- 90 Skin Care
- 112 Fidgets

“Suffer from Dermatillomania, I compulsively pick at my hands, face, scalp, lips, back, chest, and feet.” — Jessica

“I had no idea that organisations such as yours exist.” — Thureya

“T’m so thankful I’ve found this community, because now I know I’m not alone.” — Rebecca

National Average Time Spent on a Website: 15s

Average Time Spent on Picking Me’s Website: 3m 2s
Donations

In-Person: 128
Online: 72
2018: $50,000

"Came across this on Instagram & seeing how many others have this condition makes me feel so much better and like I'm not alone. Thank you. You do not know how much just seeing this page means to me." - Kayla

Interns To Date: 23

"I've gotten such sweet feedback from folks in our online BFRB/Derma community, & that has in turn boosted my own confidence in my bare face." - Rebecca

Celebrated our 2nd Birthday

8 Exhibitions Attended in

5 Cities with

4 Speeches & Support Groups

573 @Pickingmefdn Shoutouts

674 #PickingMe Tags

175 Skin Picking Log Requests

Email Subscribers: 2652

"I want to know what it feels like to feel confident again... I don't want to hide anymore." - Sierra

Thank You!
Picking Me Foundation NFP
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