

# PICKING ME

FOUNDATION·NFP  
pickingme.org

Advocating Sufferers. Assisting Supporters. Educating Communities.

## #PickingMe over Skin Picking.

*Picking Me Foundation NFP is the only Dermatillomania focused non-profit worldwide.*

### IN 2017

YOU'VE INCREASED OUR SOCIAL MEDIA ENGAGEMENT LEVELS TO



FACEBOOK INSTAGRAM TWITTER

Join the conversation. @pickingmefdn

1/25 PEOPLE  
(OR SOMEONE IN EVERY CLASSROOM)

SUFFERS FROM  
DERMA-TILLOMANIA



7460  
WEBSITE VISITORS



"THIS IS A 35 YEAR STRUGGLE! I'M ALWAYS LOOKING FOR NEW INFO AND OPTIONS FOR MY CONSTANT COMPULSIVE PICKING AT MY SKIN."

-JENNIFER

YOU'VE ENABLED US TO BECOME  
UNIVERSITY OF CHICAGO'S  
OUTREACH PARTNER FOR THE FIRST EVER  
NEURO-MAPPING DONE ON THIS DISORDER

NEW OFFICE  
770 N LaSalle Dr #410  
Chicago, IL 60654

FOR

8 INTERNS

20

SUFFERERS AT  
CHICAGO'S 1ST  
& ONLY BFRB  
SUPPORT GROUP

3 BOARD MEMBERS

YOU'VE HELPED US RECEIVE SUPPORT FROM OVER

6000

INDIVIDUALS VIA DONATIONS & SPONSORSHIPS

"SEE BEYOND THE SCARS AND SORES. SEE THE LITTLE BOY WHO LOVES RIDING HIS BIKE, PLAYING MINECRAFT, AND BUILDING WITH LEGOS."

@tinswah



YOUR GIFTS ASSISTED SKIN PICKING DISORDER SUFFERERS FIND SUPPORT, ACCEPTANCE, AND RESOURCES THROUGH OUR INITIATIVES.

34

**DRAWING WITH DERMA ENTRIES**

FOR WHEN IT'S HARD TO TALK ABOUT IT, LET'S DRAW ABOUT IT



1450

**FIDDLE PACKS**

PROMOTING FINGER ENERGY OFF THE BODY ARE NOW IN

70 CITIES

12 COUNTRIES

9

**MENTAL HEALTH/SKIN CARE/NON-PROFIT CONFERENCES YOU'VE SENT US TO**



YOU'VE HELPED US MEET OUR GOAL TO SUPPLY **750** CHICAGO LAND DERMATOLOGISTS RESOURCE PACKS ON SKIN PICKING DISORDER



80

**#PICKING ME OVER SKIN PICKING PLEDGES**



64

**#WHATSWITHURSKIN SUBMISSIONS TO CHALLENGE PERCEPTIONS OF 'BAD SKIN'**



"IT'S BAD ENOUGH DEALING WITH SKIN PICKING DISORDER, LET ALONE WHEN SOMEONE SHAMES YOU FOR IT."

-@MEANDCSP



**THANK YOU FOR HELPING TO HEAL OUR FUTURE**  
-LAUREN MCKEANAY

"WORKING FOR PICKING ME HAS BEEN AN EYE-OPENING AND FULFILLING EXPERIENCE. I'VE LEARNED SO MUCH ABOUT A DISORDER I DIDN'T EVEN KNOW HAD A NAME, AND FEEL LIKE I AM TRULY MAKING A DIFFERENCE IN SUFFERERS LIVES."  
-MEREDITH BARDO, PMF GRAPHIC DESIGN

**THE PMF TEAM**

