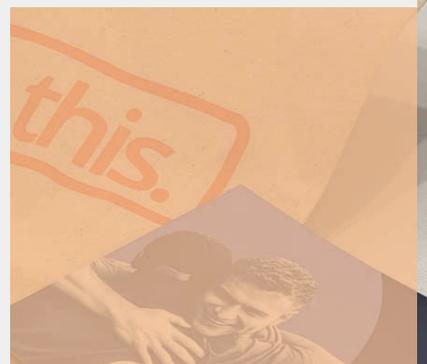
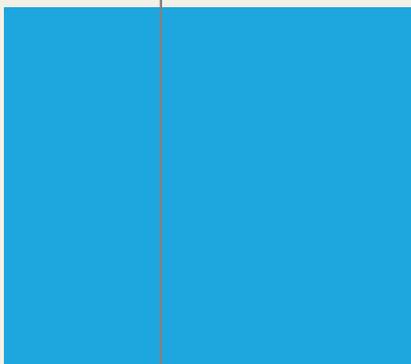
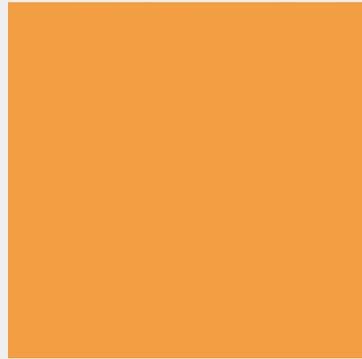


Annual Report



Explore More



A Letter from the Executive Director



Dear Friends and Supporters,

2025 was a year of recalibration at Take This.

We began the year with a clear intention to slow down and strengthen our organization from the inside out. In a time of uncertainty, building a stable foundation was essential to sustainably advancing our mission of improving the mental well-being of gaming spaces through awareness, education, and support.

Throughout the year, we remained grounded in our core values, ensuring that the information we shared and the experiences we created were thoughtful, responsible, and aligned with our purpose. This intentional approach allowed us to deepen our impact while building a stronger organizational foundation.

In 2025, we reached several meaningful milestones. We partnered with Pokémon to bring AFK Quiet Rooms to three of their international competitions after they approached us about better supporting the mental health needs of their community. One volunteer reflected, "This has been such a wonderful experience. All I've seen is kindness and graciousness. It has truly been healing and special."

We delivered AFK Quiet Rooms at six events across the country, serving more than 8,000 people through both our Quiet Rooms and the Hope Booth. An overhaul of the Hope Booth led to record-breaking engagement, and we continued developing new resources for parents seeking healthy ways to introduce gaming to their children.

We also completed the first season of Accelerate, with all ten fellows successfully delivering their capstone projects. The program's impact continues as many season one fellows now serve as peer mentors and collaborate independently beyond the program. Building on this success, we launched season two of Accelerate with the support of Riot Games and Unlikely Collaborators, using data from season one to demonstrate the program's potential to shape the future of mental health in games.

Community partnerships remained vital to our work. We collaborated with more than 20 companies, individuals, and streamers through fundraising events, portion-of-proceeds relationships, and sponsorships. We also launched Pixel Patrons, our monthly giving program, which grew to 40 supporters in its first year and provided critical, sustained support for our programs.

As we look toward 2026, we are excited to continue this momentum through more AFK Quiet Rooms, community events, the season two Accelerate fellows' trip to GDC, and ongoing education and advocacy across the gaming industry.

Thank you for being part of this work and for helping make gaming spaces healthier and more supportive for all.

With gratitude,

A handwritten signature in black ink that reads "Kelli Dunlap, PsyD". The signature is written in a cursive, flowing style.

Kelli Dunlap, PsyD
Executive Director
Take This

Impact by the Numbers

16 Workshops & Presentations	6 Client Studios	157 New Donors
		40 Monthly Donors

5,550 AFK Room Visits	6 AFK Rooms
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20 Accelerate Fellows 	95 Volunteers
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1,422 New Social Media Followers
 

95 Twitch Streams 

12,500 Minutes Streamed

AFK Program

In 2025, Take This continued to expand the reach and impact of our AFK Quiet Rooms, providing essential mental health support at major gaming conventions across the country. These calm, sensory friendly spaces offer attendees a place to rest, regulate, and recharge in high stimulus convention environments.



For many attendees, AFK Quiet Rooms are a lifeline that makes convention participation possible. Visitors frequently shared that spending even a short amount of time in the room allowed them to return to the convention feeling calmer, more regulated, and able to continue engaging with the experience.

AFK Program

Where We Were in 2025



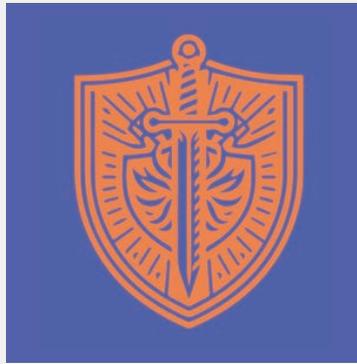
As we look toward 2026, Take This is excited to continue expanding AFK Quiet Rooms and bringing this vital resource to even more convention attendees. We are encouraged to see growing recognition from companies and event organizers that mental health care is a necessary part of the convention experience, not an optional add on.

Accelerate Program

In 2025, Accelerate supported 20 fellows across eight countries, providing mentorship, community, and access to professional spaces that are often difficult to enter without established networks. Designed for emerging professionals working at the intersection of games and mental health, Accelerate helps participants gain career clarity, build sustainable pathways into the industry, and develop leadership skills rooted in care and inclusion.



Accelerate Mentors



Accelerate pairs fellows with experienced mentors working across games, research, design, and mental health disciplines.



Osama Dorias
Creative Director
HeartLoop Games



Jarryd Huntley
Sr. Lead Performance Engineer
Owlchemy Labs



JC Lau, PhD
Senior Advanced Producer
ProbablyMonsters



Abby LeMaster
Senior Lead Producer
Riot Games



Jae Lin
Executive Director
Unbound Communities



Rachel Romero
Marketing & Strategy
Executive



Malek Teffaha
Senior Manager
Ubisoft

Program Outcomes

Season 1

Accelerate offers one-on-one mentorship, structured professional development, peer connection, and travel support to attend key industry convenings, including the Game Developers Conference (GDC). For many fellows, traveling to GDC is a pivotal moment, providing direct access to networking, collaboration, and career opportunities that are otherwise difficult to reach.

Our first full cohort demonstrates what happens when emerging talent receives sustained mentorship, meaningful access, and community support.

80% now work at the intersection of games and mental health

90% benefited from meaningful professional connections made through Take This

80% remain in contact with their mentors

100% of fellows who attended GDC said it was the most impactful part of the program

100% are making successful career progress, including gaining employment, continuing formal education, or receiving promotions

100% plan to continue pursuing careers at the intersection of games and mental health

Looking Ahead to Season 2

The Season 2 Accelerate cohort is currently midway through the program and already demonstrating strong momentum. Representing seven countries, this cohort includes game producers, clinical and research psychologists, a multimedia designer, and a neuroscientist turned game designer. As the program continues, fellows are deepening their work at the intersection of games, research, design, and mental health advocacy.

Access to guidance, community, and opportunity can change everything. Accelerate continues to equip emerging professionals with the tools, confidence, and connections needed to shape a healthier future for the games industry.



Advocacy, Education, & Outreach

In 2025, the Take This team brought their knowledge and expertise to both game players and game developers across the country. We delivered 16 talks and workshops on a variety of topics including burnout, mental health in the game industry, player safety, neurodivergent gaming, and making a difference in the world through games.



Photo Credit: Jessy Gonzalez





Similar to 2024, our workshop on identifying and preventing burnout in game studios was our most popular industry training. On the outreach side, Take This was proud to continue the tradition of participating in the ADHD&D panels at PAX East and West, making our unique games + mental health expertise accessible to gamers in person and online. Perhaps one of the most unique and exciting opportunities occurred in May of 2025 when executive director Kelli Dunlap hosted a talk with legendary game designer Warren Spector, his first public discussion about his bipolar diagnosis.



Supporter Highlights

Unlikely Collaborators

In 2025, Take This began a new partnership with Unlikely Collaborators through their support of Accelerate, our mentorship program for emerging professionals working at the intersection of games and mental health.

Unlikely Collaborators is a nonprofit founded and chaired by Elizabeth R. Koch, dedicated to fostering transformative storytelling, human connection, and inner growth. At the heart of its mission is the Perception Box™ framework, an approach rooted in cognitive science and psychology that explores how unconscious beliefs and personal narratives shape the way we see the world. Unlikely Collaborators believes that external conflict often stems from unresolved internal conflict, and supports projects that challenge assumptions, spark self-awareness, and invite people into deeper dialogue and discovery both individually and in community. This values-driven approach closely aligns with Take This's commitment to improving mental well-being within gaming spaces.



Thanks to Unlikely Collaborators' funding, Take This was able to sustain and expand Accelerate as it entered its second season, ensuring the program remained accessible and free for all participants. Accelerate was created to advance mental health research, game design, and community care within gaming spaces, while intentionally supporting individuals whose voices and experiences have historically been excluded. With Unlikely Collaborators' partnership, the program continues to offer space for reflection, connection, and growth alongside practical career development.

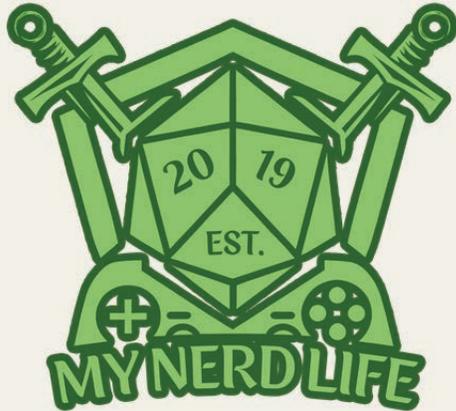
“There’s so much pressure to have it all figured out. Accelerate gives people space to pause, question the beliefs they’re carrying, and reconnect with what really matters not just in work, but in being human.”
– Elizabeth R. Koch,
Founder and Chair of
Unlikely Collaborators

We are deeply grateful to Unlikely Collaborators for their partnership in 2025 and for the role their funding has played in strengthening Accelerate and the community it serves.



Supporter Highlights

My Nerd Life



In 2025, Take This was proud to launch our partnership with My Nerd Life, whose ongoing support helped advance our mission to improve mental health within the gaming community. My Nerd Life is a nerd culture driven apparel company that

creates thoughtful, fandom forward designs while prioritizing authenticity, humor, and community.



That shared understanding made them a natural partner for Take This as we continue to grow our AFK Quiet Room program at conventions around the country.



Thanks to partners like My Nerd Life, Take This was able to continue offering AFK Quiet Rooms at major conventions, supporting thousands of visits from attendees seeking care, grounding, and accessibility. These spaces are often a lifeline for people navigating anxiety, sensory overload, chronic illness, or emotional distress while still wanting to participate fully in convention experiences.

By choosing to support Take This, My Nerd Life demonstrates how community rooted businesses can make a meaningful impact on mental health where it is needed most. We are deeply grateful for their partnership in 2025 and for their commitment to helping make gaming spaces more inclusive, accessible, and human centered.



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Board Member



Warren Spector
Board Member

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Kelli Dunlap, PsyD
Executive Director



Sarah Hays, PsyD
Accelerate Program
Manager



Kim Packett
Philanthropy &
Partnership Officer



Liz Favorito, MAT
Events &
Community
Outreach Manager



Eugenio Vargas
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Specialist



Annie Larkin
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Peach Garden Games
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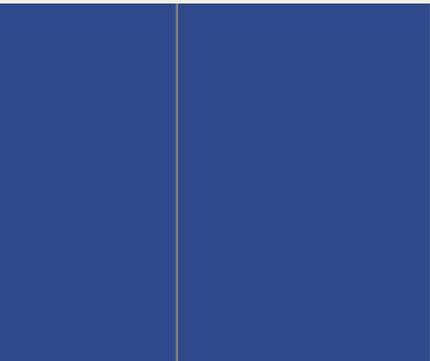
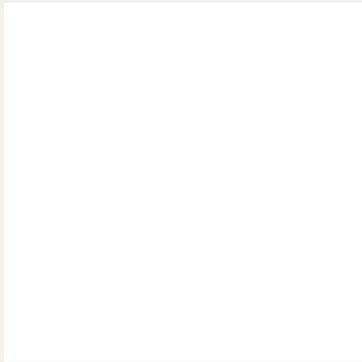
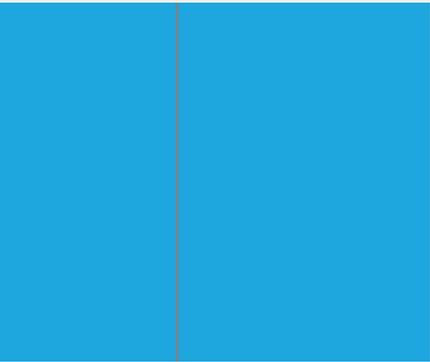
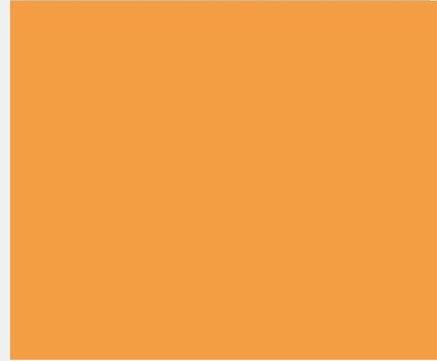
Pixel Patrons

Our Monthly Donors



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Bradford Chatterjee
James Chen
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