

## **Nightlight: Social Meditation Announces Partnership with Mental Health America**

**SAN FRANCISCO, February 13, 2018**—Nightlight: Social Meditation (Nightlight) today announced a partnership with Mental Health America (MHA). The cooperation between the two organizations will help raise visibility and promote the use of online meditation services to improve mental health.

“We are delighted to be working with MHA, the leading mental health nonprofit in America,” said Manjula Rajan, co-founder of Nightlight.

Added Sandy Char, Nightlight co-founder, “MHA’s *Before Stage 4* philosophy is an innovative and practical approach to improving mental health. Numerous studies have shown that meditation and in particular, group meditation, provides important mental health benefits and we passionately share MHA’s vision of making mental health services more accessible to all.”

Founded in 1909, [MHA](#) is dedicated to promoting mental health, preventing mental disorders and advocating, educating, and serving all Americans on mental and substance use conditions.

Founded in 2017, [Nightlight](#) allows anyone to join live, interactive online meditation sessions from the comfort of the home or anywhere else.

“We are always looking to offer the best technology solutions and service to individuals seeking help for mental health concerns,” said America Paredes, MHA’s Senior Director of Partnerships & Community Outreach. “This means giving individuals the ability to easily access services that improve mental health, with minimal effort. This new partnership with Nightlight can potentially go a long way in accomplishing this.”

### **About Mental Health America:**

Mental Health America (MHA) – founded in 1909 – is the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and to promoting the overall mental health of all Americans. Our work is driven by our commitment to promote mental health as a critical part of overall wellness, including prevention services for all, early identification and intervention for those at risk, integrated care, services, and supports for those who need it, with recovery as the goal. Much of our current work is guided by the *Before Stage 4 (B4Stage4)* philosophy – that mental health conditions should be treated long before they reach the most critical points in the disease process. Find out more at <http://www.mentalhealthamerica.net/>

### **About Nightlight:**

Nightlight’s social meditation platform allows anyone to join live, interactive online meditation sessions from the comfort of their home or anywhere else. We do this by providing simple online tools for individuals and organizations to open online meditation rooms/communities, and for the public to book

and pay to join them. Nightlight is a privately held company with headquarters in San Francisco, California. Find out more at [www.nightlight.me](http://www.nightlight.me)

**Media Contact:**

Mental Health America  
Erin Wallace  
Chief Communications Officer  
[ewallace@mentalhealthamerica.net](mailto:ewallace@mentalhealthamerica.net)  
571-319-9594

Nightlight Group, Inc  
Manjula Rajan  
Co-founder  
[press@nightlight.me](mailto:press@nightlight.me)  
[\(415\) 917-3248](tel:(415)917-3248)