

ARCHEWELL
FOUNDATION

Impact Report

2025 ANNUAL REPORT — FIVE YEARS OF IMPACT

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Five years ago, The Archewell Foundation was born from a simple but profound belief: to show up and do good. Today, as we mark our fifth anniversary, that mission remains as vital and urgent as ever—now carried forward through Archewell Philanthropies, a growing platform designed to deepen and expand how we serve communities around the world.

What began as a commitment to compassion has evolved into a powerful force for meaningful change, particularly in championing global mental wellness across our communities.

This year we have witnessed unimaginable suffering, from the preventable tragedy which unfolded in Gaza where thousands of innocent children and civilians faced starvation and death, to the urgent need for mental health support in communities facing crisis worldwide. We have witnessed both heartbreak and hope as we tackle one of the largest factors harming young people today—social media use and life online. Through our work, we champion young people and their families, ensuring they feel seen, supported, and empowered.

Over these five transformative years, we have learned that creating lasting change requires both immediate action and sustained commitment. Our journey has taken us from responding to global emergencies to building programs that foster healing and connection. We have been humbled by the resilience of the communities we serve and inspired by their strength in the face of unprecedented challenges.

Our commitment extends to bringing communities together to build connections and expand access to education that supports mental well-being. This year, as we reflect on our evolution, we see how each initiative has built upon the last, creating a foundation of trust, partnership, and hope that continues to grow.

This report reflects our unwavering belief in the power of community, the importance of mental health, and our responsibility to create mental fitness change in the world—not just in this moment, but for the generations to come.

With hope and gratitude,

JAMES HOLT AND SHAUNA NEP
CO EXECUTIVE DIRECTORS, THE ARCHEWELL FOUNDATION

FIVE YEARS OF IMPACT

Milestones That *Matter*

As The Archewell Foundation celebrates its fifth anniversary, we pause to honor the journey that has brought us here.

Since its founding in 2020 by Prince Harry and Meghan, Duke and Duchess of Sussex, The Archewell Foundation has built a growing body of work rooted in the philosophy of compassion, connection, and care. Here are the key milestones that have shaped our mission to show up and do good.



2020-2022: Responding to Global Crises

PANDEMIC RESPONSE LEADERSHIP

Helped procure 12.66 million COVID-19 vaccine doses for the global population through partnership with Global Citizen, while supporting vaccine equity initiatives across multiple continents

HUMANITARIAN RELIEF OPERATIONS

Supported the rescue of 7,468 individuals from Afghanistan through partnership with Human First Coalition and facilitated the welcoming of 174,497 Afghans and Ukrainians to the US

COMMUNITY BUILDING

Served 50,000 meals through partnership with World Central Kitchen and built healing spaces including a playground in Uvalde, Texas, following tragic community loss

SUPPORT IN UKRAINE

When war broke out in Ukraine, the Foundation provided emergency funding to The Halo Trust to help with landmine clearance, and a coalition of Ukrainian media such as The Kyiv Independent, to help local people get trusted and urgent information

2022-2023: Expanding Our Reach

THE WELCOME PROJECT LAUNCH

Launched The Welcome Project in 2023 to support women-led programming for recently resettled Afghan women, initially serving 237 women coming together in community

PARENTS' NETWORK DEVELOPMENT

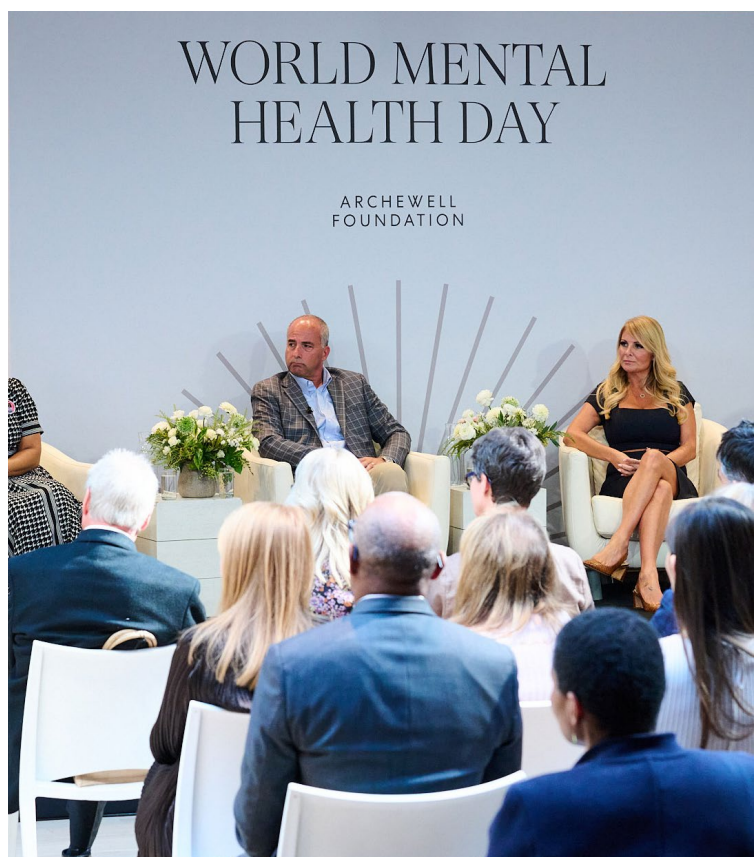
Built a first-of-its-kind support network for parents whose children have been impacted by online harm, engaging 109 families in listening projects

RESPONSIBLE TECHNOLOGY

Became a founding member of The Responsible Technology Youth Power Fund, supporting youth-led initiatives in the responsible technology movement

CRISIS RESPONSE

Supported Humanity Crew to provide 3,176 hours of trauma-informed mental health support to individuals in Turkey and Syria following the tragic earthquake





2023-2024: Global Leadership and Expansion

INTERNATIONAL PARTNERSHIPS

Expanded global presence through visits to Nigeria and Colombia, supporting educational initiatives, women's leadership programs, and digital safety discussions

PROGRAM GROWTH

Expanded The Welcome Project to new locations and partnered with Upwardly Global and Accion Opportunity Fund to provide job coaching and career development resources

YOUTH EMPOWERMENT

Announced partnership with Girls Inc. and #HalfTheStory to provide 100,000 girls with digital literacy skills through the SocialMediaU program

INFORMATION INTEGRITY

Joined the inaugural Press Forward coalition, contributing to over \$500 million invested to strengthen communities and democracy worldwide

2024-2025: Deepening Our Impact

ARTIFICIAL INTELLIGENCE LEADERSHIP

Provided timely accountability reporting on major technology companies while advocating for responsible AI development, safety standards, and youth inclusion in AI innovation conversations, including hosting forums such as the World Mental Health Day panel to facilitate important industry discussions

PARENTS' NETWORK EVOLUTION

Transformed support network into a global movement with members from the U.S., Canada, and UK, speaking at United Nations conferences and international forums and recently joined forces with ParentsTogether to expand advocacy, particularly to impact federal and state legislation such as the Kids Online Safety Act

THE WELCOME PROJECT EXPANSION

Grew to serve communities across 14 locations in the U.S. and Canada, with enhanced focus on economic empowerment and professional development

DIGITAL CIVIL RIGHTS ADVANCEMENT

In its fourth year, continued to honor leaders through the annual NAACP-Archewell Digital Civil Rights Award recognition, honoring leaders including Dr. Safiya Noble (2022), Nabiha Syed (2023), Dr. Joy Buolamwini (2024), and Dr. Alondra Nelson (2025)

GLOBAL HUMANITARIAN INITIATIVE

Provided targeted support for vulnerable communities with grants to Imperial College London Centre for Blast Injury Studies for developing prostheses for children affected by conflict in Gaza and Ukraine, World Health Organization to support medical evacuations from Gaza to Jordan and kickstart upcoming fundraising campaigns, and Save the Children for ongoing humanitarian support in Gaza

These milestones serve not as endpoints but as stepping stones toward an even more connected, compassionate, and mentally healthy world. The journey continues, and we remain *committed* to showing up and doing good, one *meaningful* action at a time.

Creating Safer Digital Spaces

The Archewell Foundation continues to tackle one of the largest factors harming young people and their mental health today—social media use and life online.

We champion young people and their families, ensuring they feel seen, supported, and empowered to create a better online world.

This year, we are proud to share the stories of families in The Parents' Network through the Lost Screen Memorial. Through their dedication, as well as the work of young people in the Responsible Technology Youth Power Fund, we are inspired by the incredible momentum building in this movement.

IMPACT AMPLIFICATION

The Parents' Network Joins Forces with ParentsTogether on World Mental Health Day

Following nearly three years of extensive research on online harms and consultations with families whose children's lives were irrevocably affected by social media, the Duke and Duchess of Sussex launched The Parents' Network in 2023 to address a critical gap in support for bereaved parents navigating technology-related loss.

The loss of a child represents one of the most devastating experiences a parent can face, with bereaved parents experiencing increased rates of complicated grief, depression, anxiety, and suicidal ideation. Research indicates that loneliness plays a substantial role in the bereavement experience, with the death of a child leaving a profound void that often leads to social isolation and feelings of being misunderstood. Many bereaved parents report that they feel pressure to keep their grief private, which compounds their isolation. Yet peer support has been shown to increase well-being, with studies demonstrating that connecting with others who truly understand can significantly improve mental health outcomes.

Qualitative analysis conducted in partnership with the Foundation for Social Connection (F4SC) bears this out. Outcomes for the families participating in The Parents' Network's since its pilot demonstrate meaningful impact on well-being and sense of community. Among participants, 76% shared that The Parents' Network made them feel like they belong, while 75% reported feeling less lonely or isolated—directly addressing what research identifies as critical factors in bereaved parents' healing. The network also fostered connection and mutual support, with 75% reporting they received emotional support from others and 76% saying they were able to give emotional support to fellow members.



Most significantly, participation in The Parents' Network catalyzed advocacy and meaning-making, with involvement in external advocacy or storytelling initiatives rising from 57.7% at baseline to 87.8% post-program. Participants reported substantial growth in their sense of purpose and agency, with 85% finding meaning in life despite challenges (up from 77%), 85% developing a sense of direction and purpose (up from 64%), and 80% feeling their voice carries power (up from 77%). Ultimately, 85% shared that The Parents' Network plays an important role in their healing journey, with 93% identifying fellow members as a support network and 78% considering group members their friends.

“Being a part of The Parents' Network has brought unexpected connection, community, and healing into my life,” said one member. “It has also given me the opportunity to continue my healing journey and to transform what was once the most painful space in my life into a source of purpose. Through taking on additional roles within the network, I’ve found meaning, strength, and a sense of community I never expected. Without question, being part of TPN has helped me grow into a better version of myself.”

IMPACT AMPLIFICATION

Lost Screen Memorial

In April 2025, The Archewell Foundation unveiled the Lost Screen Memorial—a dedicated installation for children who have lost their lives as a result of the harm they suffered on social media. These images represent the ones their parents have on their phone lockscreens. Their faces serve as a constant reminder of what has been lost and their phone shaped casings a reminder that the responsibility to keep children safe online should not lie with parents alone.

This installation serves as a powerful tool for meaningful change and accountability in the tech space, humanizing victims by putting real names and faces to stories that might otherwise be lost in

statistics. By demonstrating that this crisis can affect any family, the memorial shifts public perception and underscores the universal vulnerability of children online. Through art and lived experience, it gives purpose to families who have suffered the ultimate loss while driving meaningful behavioral change and policy conversations that extend beyond individual responsibility to systemic accountability.

To read and listen to the stories of the children remembered visit archewell.org/memorial





INNOVATION SHOWCASE

Responsible Technology Youth Power Fund

This year, the Responsible Technology Youth Power Fund awarded a second cohort of organizations a total of \$2.4 million to support 18 youth and intergenerationally led organizations working to create a safer and more equitable digital ecosystem. This inspiring group of organizations are advancing work across a variety of issues, including tech accountability, youth mental health, responsible AI, and technology-based climate solutions.

In April 2025, Prince Harry joined the annual convening of grantees in New York, where he engaged in thoughtful roundtable discussions focused on ethical artificial intelligence, the intersection of social media and teen mental health, and the potential for technology to address pressing global issues such as climate change. Prince Harry addressed the room, emphasizing the critical role of youth voices in the responsible technology movement, and sharing how deeply inspired he is by the vision and courage of RTYPF's young leaders.

"We're proud of RTYPF's innovative model, which empowers young people to make meaningful decisions about grantee funding and support," said Yoelle Gulko, Responsible Tech Youth Power Fund Grantee, Director of documentary film *Our Subscription to Addiction*. "This intergenerational approach not only unlocks new opportunities for grantees—it helps young people become leaders in the movement for a more ethical tech landscape."

OTHER HIGHLIGHTS

The Real Face of Men's Health

Prince Harry joined Movember at the Australian American Association in New York City for the launch of *The Real Face of Men's Health: USA*, a report combining data and personal stories to reveal why American men are dying younger, struggling more, and suffering in silence—with 53% dying prematurely.

Prince Harry has spent over a decade advocating for mental health, working extensively with veterans and young people to address what he identifies as a crisis of isolation and silence. Through his work with the Invictus Games, The Parents' Network, and other initiatives, he has witnessed a consistent pattern: people across communities carry profound struggles while believing no one will understand what they're going through. In his remarks, he noted that when he talks with men, the same challenges repeatedly emerge, revealing that the burden they carry is far from uncommon. He identified the biggest barrier as the assumption that others won't relate to their experiences, with loneliness creating the false belief that one's struggles are unique.

His approach emphasizes that connection—not silence—saves lives. Prince Harry has observed that when people hear others share similar experiences, transformation becomes possible, with vulnerability redefined as courage rather than weakness. He argues that the role models young people need aren't necessarily celebrities, but everyday figures like parents, coaches, friends, and military members who choose honesty over silence. Reflecting on conversations with veterans, he emphasized that silence itself can be deadly, underscoring that while stigma reduction has progressed, creating accessible spaces—both online and offline—where people can share struggles and seek help remains essential to healing and recovery.



Project Healthy Minds World Mental Health Day Festival

Prince Harry and Meghan opened Project Healthy Minds' fourth annual World Mental Health Day Festival in New York City by emphasizing a core principle from five years of The Archewell Foundation's work: mental health is fundamentally a community responsibility, not an individual challenge.

Prince Harry noted that mental health crises are interconnected global issues shaped by policy, corporate design, and digital platforms that have fundamentally altered how young people experience reality through relentless comparison, harassment, and misinformation. He emphasized the David vs. Goliath dynamic as billion-dollar tech companies' interests are not aligned with families trying to protect their children from online harms.

The Duchess shared insights from their work with families experiencing crisis and trauma, particularly through The Parents' Network, which grew from a small pilot in 2022 to a global support system across three countries and just joined forces with ParentsTogether. She emphasized that bereaved parents needed more than traditional therapy. They required connection with others who understood their specific grief. Through trauma-informed practices, parents created strong bonds, found healing through community, and transformed their grief into advocacy. As she concluded, while the research on mental health challenges is sobering, solutions are within reach when parents, advocates, and communities come together around shared responsibility.

The Archewell Foundation sponsored three panels during the Festival including one moderated by Jiore Craig, Senior Advisor to The Archewell Foundation, the executive director of ParentsTogether, Jayla Stokesberry, a research assistant at Hopelab, Isabel Sunderland, policy lead at Design It For Us, and Katie S., a junior in high school.

Another panel, featuring social psychologist Jonathan Haidt, was an examination of how technology rewired childhood and caused an international mental health crisis with Amy Neville and Kirsten Ryan, community managers of The Parents' Network, moderated by journalist Katie Couric.

INNOVATION SHOWCASE

Keep Championing Safety and Mental Wellness in AI Era

Over the last three years, The Archewell Foundation has designed solutions rooted in conversations with hundreds of parents and young people worldwide, committing to listening before acting. This year is no different. Based on conversations with 106 young people aged 10-25 across five countries, the findings reveal the complex relationship youth have with technology, AI, and digital leadership.

Three-quarters of participants view technology positively for learning and connection, yet describe growing up digital as "overwhelming," "confusing," and "overstimulating." Young people don't want to abandon technology—they want tools and guidance to manage it better.

AI: Essential Tool, Growing Concern

AI usage is now universal among participants, with 45% citing "personalized learning and homework help" as AI's top benefit and 58% highlighting "accessibility support."

However, 57% selected overdependence as their primary concern. Older participants (18-25) expressed relief they built critical thinking skills before AI existed, worrying younger generations won't have that opportunity.

53% fear manipulated content and misinformation, with young women calling deepfakes "terrifying" and "the scariest thing ever." As one Australian participant warned: "AI has a big impact on real world events. It can be so dangerous, especially when there's young people using it and their brains aren't fully developed."



A Collaborative Path Forward

Young people feel like “guinea pigs” navigating an overwhelming digital landscape without adequate support. They’re not asking adults to ban technology—they’re demanding we step up as partners in creating the safeguards, education, and authentic leadership needed to make the digital world safer and more manageable.

The threshold of an AI revolution feels like a familiar crossroads. We have the opportunity to shape how artificial intelligence develops either as a force that empowers human potential while championing global mental wellness, or as another technology that prioritizes rapid deployment over safety and human flourishing. The stakes of this decision have never been clearer: research from our partners at Parents Together revealed that when researchers posed as children on AI chatbot accounts for 50 hours, they encountered harmful interactions every 5 minutes. With the Social Media Victims Law Center now handling more than 4,000 cases, and most teens—plus 10 percent of children aged 5 to 8—already using AI chatbots while only 1 in 3 parents remain aware of this usage, we face a crisis that demands immediate action to ensure that transformation protects and empowers the next generation.

EXCELLENCE THROUGH THOUGHTFUL DEVELOPMENT

- *Special attention to youth interests and recognizing young people’s unique developmental needs*
- *Accountability mechanisms to address harm as soon as it occurs*

SUPPORTING INDIVIDUAL AND COLLECTIVE THRIVING

- *Investing in digital literacy programs for all communities*
- *Empowering individuals and families while addressing systemic challenges*

AMPLIFYING YOUNG VOICES IN INNOVATION

- *Positioning young people as essential architects of our digital future*
- *Ensuring youth are invited to lead conversations about AI development*



Building a thriving AI ecosystem requires learning from mistakes with social media, where we introduced transformative technology only to discover its harms after widespread adoption and addiction.

As AI rapidly develops in a landscape with insufficient safeguards, we have a critical opportunity to work upstream rather than reactively. This means collaborating across sectors through listening to diverse communities, building awareness about AI's potential risks and mental wellness considerations, partnering with policymakers and industry leaders

to establish protective frameworks before widespread deployment, and investing in responsible AI initiatives that proactively prepare global communities for an AI-integrated future. We cannot afford to repeat the pattern of innovation first, safety second.

Building *Community* & Connection

The Archewell Foundation brings women and girls together to build community and expand access to education that supports mental well-being.

This year, we expanded The Welcome Project, providing additional resources and opportunities for refugee women to find connection across the United States, and now Canada. We continue to invest in women and girls around the world to ensure they have the tools and support they need to thrive.



IMPACT AMPLIFICATION

The Welcome Project Expansion

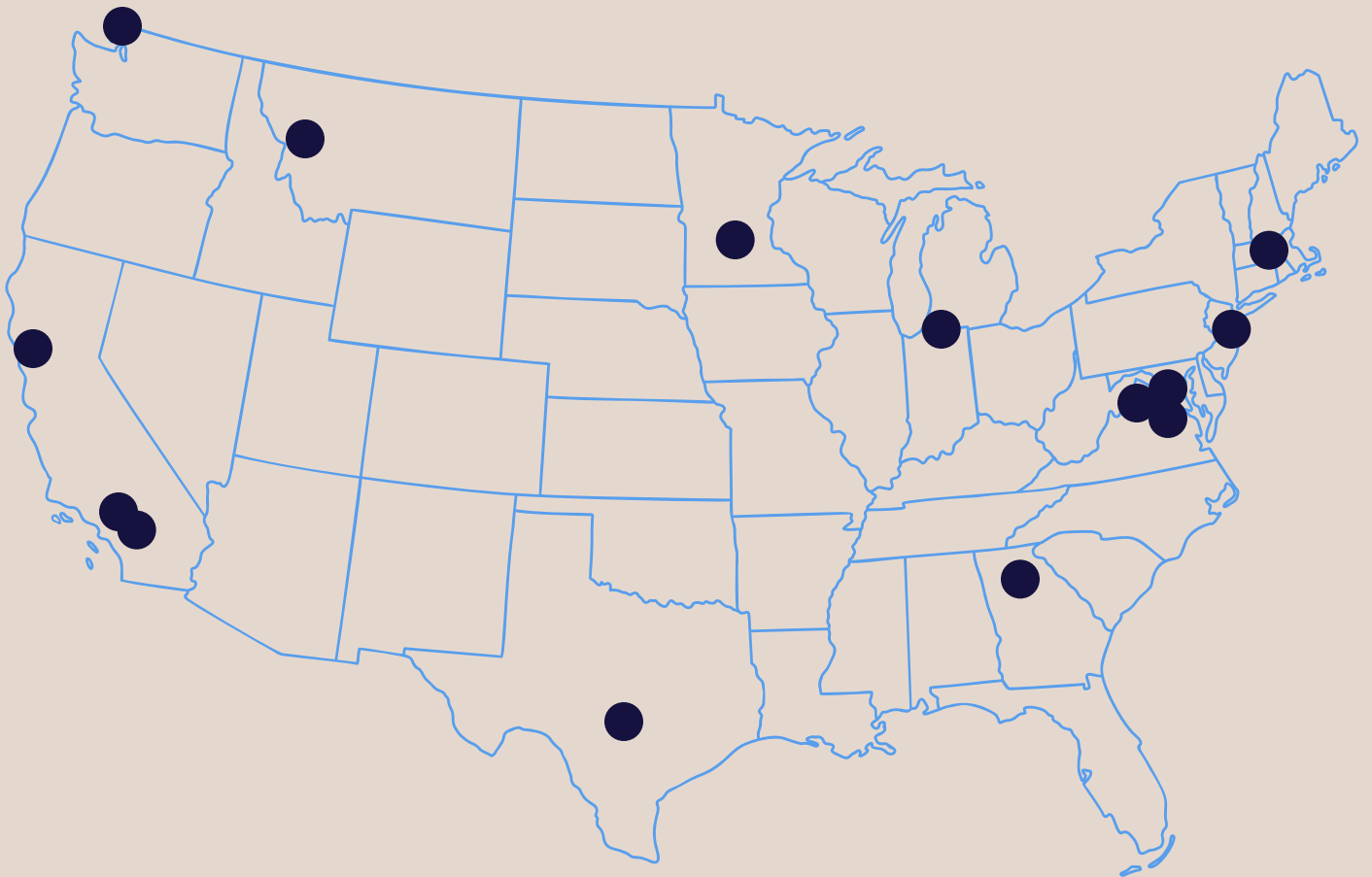
At The Archewell Foundation, we believe in the power of community and belonging. Since its inception, The Welcome Project has helped to create spaces where women can find connection, healing, and opportunity as they rebuild their lives. Launched in 2023, the program began as a way to support women who had evacuated from Afghanistan and resettled in the U.S. Today, The Welcome Project supports communities of women from various countries of origin, who have resettled in the U.S. and Canada.

These projects foster a sense of belonging through activities including sewing, art, hiking, swimming, photography, storytelling, cooking, and more. By facilitating women-based programming, The Welcome Project brings access to critical resources and opportunities that not only supports the women participating but also improves the lives of those around them—their families and their communities.

After a two-year qualitative analysis in partnership with the Foundation for Social Connection (F4SC) the Welcome Project's outcomes demonstrate meaningful progress. After six months, 81% of participants reported an increased sense of hope, rising to 86% at the 12-month mark. Similarly, feelings of joy, ease, and happiness improved from 77% to 87% over the same period. Most notably, 94% of participants developed meaningful relationships or friendships, and an equal percentage reported decreased loneliness and increased social connection—directly addressing what systematic reviews identify as the most critical factor in refugee women's mental health outcomes. These results align with evidence showing that community-based interventions focused on social connection are particularly effective and culturally responsive for refugee populations, especially when they create safe spaces for women to gather, share experiences, and build solidarity.



Welcome Project Locations



INNOVATION SHOWCASE

NAACP-Archewell Digital Civil Rights Award

This year, the Archewell-Digital Civil Rights Award was presented to Dr. Alondra Nelson, in recognition of her outstanding contributions to AI policy and the advancement of civil rights. This award celebrates leaders who are advancing civil rights in digital spaces and leading the way to build a better online world. For the past 4 years this honor has been awarded to 4 incredible women including Dr. Safiya Noble (2022), Nabiha Syed (2023), and Dr. Joy Buolamwini (2024).

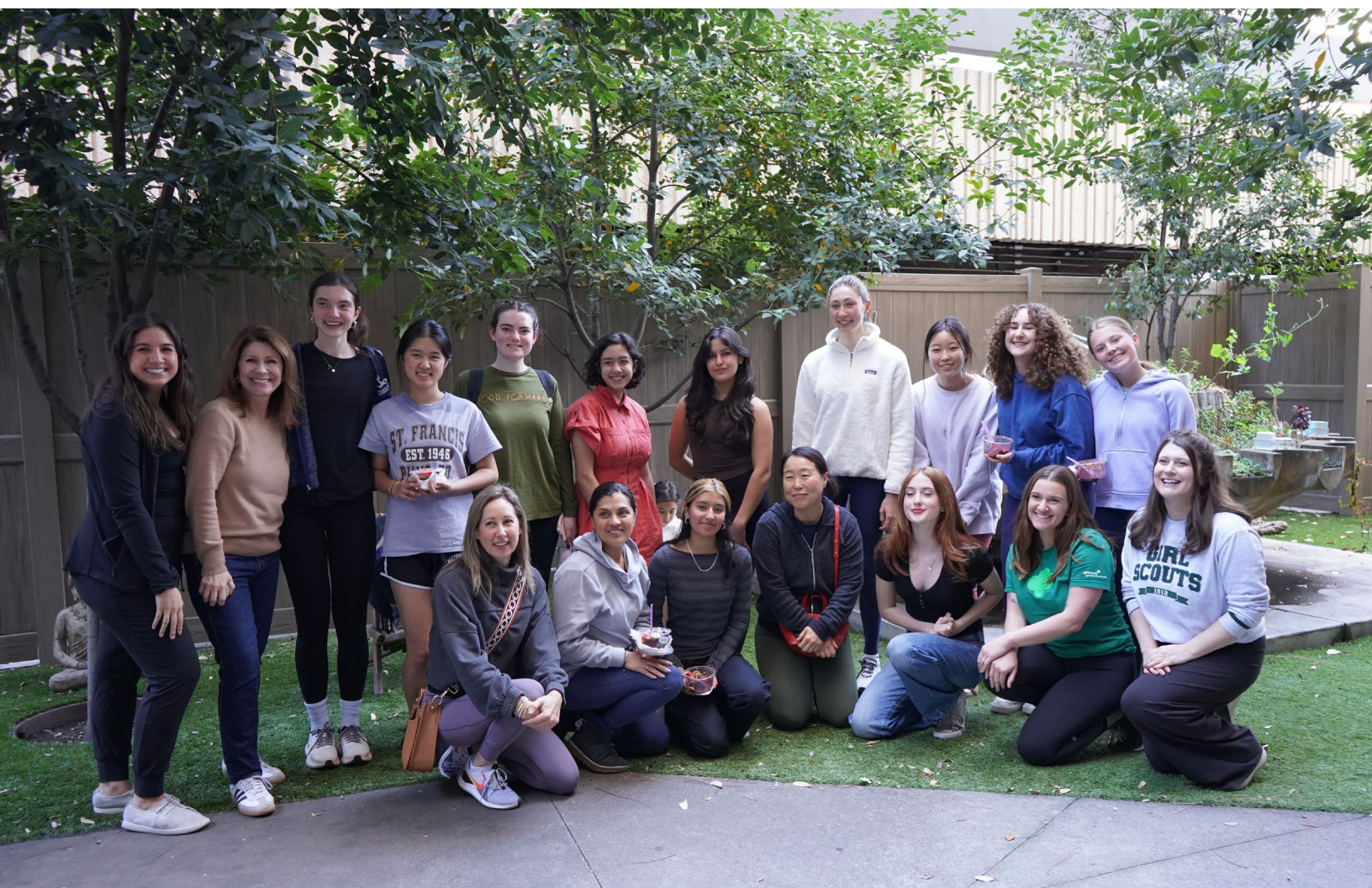
OTHER HIGHLIGHTS

CTRL Your Scroll: Beyond The Screen is an eight-session digital wellness program for grades 6–8, co-created by #HalfTheStory and Girls Inc. with input from young people. The program helps youth explore their relationship with technology, understand emotions, and develop self-control, addressing topics including body image, friendships, healthy digital habits, and online safety.

In 2024, in celebration of International Day of the Girl, The Archewell Foundation, Pivotal Ventures, and the Oprah Winfrey Charitable Foundation announced

their contributions to support the partnership between #HalfTheStory and Girls Inc., aimed at providing digital wellness programming for young girls in underserved communities across America. Ahead of the announcement, Meghan, Duchess of Sussex, visited Girls Inc. of Greater Santa Barbara—a partner of The Archewell Foundation since 2021—to speak with girls about their experience growing up in the digital age.

The fall 2024 pilot launched across 16 Girls Inc. affiliates and anticipated over 1,800 girls would participate. Georgetown University's THRIVE center is conducting an evaluation of the program. Early implementation feedback has been extremely positive, with most facilitators reporting very high engagement and some students requesting to replay program activities during free time. Several affiliates expanded implementation to additional schools, and in Shelbyville, Indiana and Tarrant County, Texas, the program has been implemented in mixed-gender classrooms. Looking ahead, 75% of Girls Inc. affiliates have expressed interest in implementing the program in 2026.



COMMUNITIES IN CRISIS

Mobilizing for Those in Need

We prioritize mental well-being and dignity for communities facing urgent challenges, helping them heal and rebuild.

The Archewell Foundation works to mobilize quickly in order to provide resources to communities in need. This year, our team was struck by the tragedy occurring—from the fires in Los Angeles, to the unimaginable humanitarian disaster in Gaza. Through thoughtful partnership, we have provided meaningful resources and donations to these communities and will continue to show up, locally and globally, for those who need it most.



INNOVATION SHOWCASE

Imperial College

The Centre for Blast Injury Studies at Imperial College London continues its groundbreaking work addressing pediatric blast and crush injuries through the Paediatric Blast Injury Partnership, established in 2017 with Save the Children. Their research focuses on point-of-wounding care, prosthetics for child amputees, and rehabilitation technologies, with practical resources like the Paediatric Blast Injury Field Manual now being used by frontline responders in conflict zones worldwide.

With Gaza now having the highest density of child amputees in the world and in modern history, the urgent need for coordinated action has never been clearer. Three targeted grants are supporting this critical work: funding for Imperial College London Centre for Blast Injury Studies to develop prostheses for children in Gaza and Ukraine, support for the World Health Organization to kickstart fundraising campaigns and medical evacuations from Gaza to Jordan, and ongoing humanitarian support for Save the Children's work in Gaza. These partnerships address both immediate physical recovery needs and essential mental health support for children affected by conflict.

IMPACT AMPLIFICATION

Emergency Response

Los Angeles Fires

Wildfires devastated Los Angeles in early 2025, claiming roughly 400 lives and destroying 16,000 structures, with damages reaching \$61B, making these blazes among the costliest climate disasters in U.S. history.

The Archewell Foundation provided immediate support to Watch Duty, Pasadena Community Foundation, and California Community Foundation to assist displaced families.

The Duke and Duchess of Sussex also engaged directly with affected communities, serving meals with World Central Kitchen, meeting first responders, supporting displaced youth at Project Camp, and volunteering at Altadena Girls and Baby2Baby.

Jamaican Hurricane Relief

Hurricane Melissa struck the Caribbean in 2024, devastating Jamaica with more than 75% of the island without power. The Archewell Foundation responded with immediate financial contributions to organizations including World Central Kitchen, Jamaica Relief Fund, Team Rubicon, All Hands and Hearts, Walk Good Jamaica, and Food for the Poor Jamaica.

U.S. Hunger Crisis Response

As food insecurity affects millions of Americans, the Duke and Duchess of Sussex worked alongside Foundation team members at Our Big Kitchen Los Angeles (OBKLA) to prepare and package meals for families facing hardship. OBKLA operates as a volunteer-driven nonprofit kitchen serving over 70,000 meals annually.

The Archewell Foundation mobilized emergency support to address this deepening crisis, making donations to six organizations providing direct food assistance:

FOOD BANK OF SANTA BARBARA COUNTY

– *Meals and essential groceries*

OUR BIG KITCHEN LA

– *Freshly prepared meals for schools and housing facilities*

PROJECT ANGEL FOOD

– *Grocery gift cards for clients affected by SNAP cuts*

FOOD FORWARD

– *Recovered produce for food-insecure communities*

ALMA BACKYARD FARMS

– *Expanding “pay-what-you-can” farm stands and community-led access to fresh food*

LIFT

– *Direct cash assistance for families impacted by SNAP freezes*

The Foundation's approach emphasizes food as dignity, stability, and care for one another, translating compassion into tangible action through support for organizations working tirelessly to ensure no community is overlooked.

THE NEXT CHAPTER

Looking Forward

As we reflect on this year's achievements, we are reminded that meaningful change happens when communities come together with shared purpose.

The Archewell Foundation's work in 2025 has shown that by championing global mental wellness, supporting families navigating life online, empowering women and girls, and responding to communities in moments of crisis, we can create lasting impact. This work now continues through Archewell Philanthropies, which builds on the Foundation's efforts to deepen partnerships, broaden our global reach, and meet the evolving needs of the communities we serve.

Our commitment to showing up and doing good continues to guide every initiative, every partnership, and every moment of connection we facilitate. Together, we are building a world where everyone feels seen, supported, and empowered to thrive.

**SPECIAL THANKS TO ALL OUR PARTNERS WHO
HAVE MADE ALL THIS WORK POSSIBLE.**