



FOR IMMEDIATE RELEASE

## AspenOUT and Voda Partner to Enhance Q+ Mental Health Resources in Rural Communities

*New Partnership for LGBTQIA+ Well-Being Set to Shine at Aspen Gay Ski Week 2025*

**ASPEN, Co (January 15, 2025)** — [AspenOUT](#), the renowned nonprofit dedicated to supporting Q+ communities and the organizer of Aspen Gay Ski Week (AGSW), has joined forces with [Voda](#), the award-winning Q+ mental wellbeing app, to announce a groundbreaking partnership aimed at improving mental health access for Q+ individuals in rural communities. This initiative officially launches during AGSW 2025, the oldest annual week-long gay ski fundraiser event in the nation, celebrating diversity and inclusion, held in Aspen, Colorado, from January 12–19.

The initiative aims to address the alarming rise in mental health challenges within the Q+ community. Recent studies reveal that Q+ individuals are over four times more likely to attempt suicide than their heterosexual peers, with rates particularly high among youth in rural areas. While traditional suicide hotlines provide critical immediate support, long-term solutions require comprehensive, culturally sensitive approaches—something this partnership seeks to spotlight further and help deliver.

*"Mental health support tailored for LGBTQIA+ communities is not just a want, it's a necessity, especially in rural areas where access to mental health resources is scarce," said Jaron Soh, Co-Founder and CEO of Voda. "This partnership with AspenOUT demonstrates our shared commitment to bridging that gap and creating a meaningful impact."*

As part of the collaboration, Voda and AspenOUT will initially provide 100 free annual memberships to Voda Plus, which provides full access to in-depth wellness resources created by LGBTQIA+ therapists, as a pilot program, with plans to expand this program in the coming months through additional community support and donations. These memberships will offer recipients access to guided therapy programs and LGBTQIA+ specific resources addressing key challenges such as coming out, coping with gender dysphoria, dealing with stigma, and managing loneliness—issues often faced by individuals in underserved areas.

*"AspenOUT is thrilled to join forces with Voda to provide accessible and affirming mental health resources for LGBTQIA+ individuals in rural communities," said Kevin McManamon, Executive*

*Director of AspenOUT. "Together, we hope to pave the way for healthier, more resilient lives by drawing attention to this serious issue and working to scale up this program while also inspiring others to follow suit."*

[Applications are now being accepted](#) for the 100 free memberships and will be managed through [AspenOUT's website](#), ensuring that resources reach those most in need. Applicants must meet eligibility criteria, including residency in rural areas, financial need, and self-identification as Q+, but also will rarely if ever be denied if 100% of the requirements is not met.

For more information about this partnership, to apply for the free Voda Plus memberships, or to donate, visit [AspenOUT's website](#).

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## **About AspenOUT**

Founded in 1977, AspenOUT is a nonprofit organization committed to promoting tolerance, understanding, and diversity through education, community action, and partnerships. Known for organizing the celebrated annual Aspen Gay Ski Week, AspenOUT uses its platform to advocate for LGBTQIA+ rights and foster inclusive communities worldwide.

For more information, visit [aspenout.com](https://www.aspenout.com), and follow on [Instagram](#) and [Facebook](#) for news and updates.

## **About Voda**

Voda is an acclaimed mental well-being app designed in collaboration with accredited psychotherapists specializing in LGBTQIA+ issues. The app offers cognitive journaling exercises, mindfulness practices, and evidence-based therapeutic tools tailored for LGBTQIA+ users. Recognized for its innovation, Voda has been featured as App of the Day on the iOS App Store, and received various accolades including the winner of the 2024 Rising Star Award at the UK National Startup Awards, recognized for LGBTQIA+ innovation and impact from Attitude 101 Trailblazers 2024, and was nominated for "Best Innovation in HealthTech" at the Tech Impact Awards.

For more information or to download the app, visit [voda.co](https://voda.co), and follow on [Instagram](#) for news and updates.

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