Jasper's Game Day American Association of Suicidology presents



Shadows Under Ice



Like shadows under ice, a dark secret threatens this town.

Townsfolk act out of the norm for themselves, and you are
no less vulnerable. But you can give them the help
they request and face the truth beneath the ice.

A four-hour adventure for tier 1, 2, or 3 characters.

Social Interaction and exploration, with light combat

Content warnings: helping people in mental health crisis—suicidal thoughts, isolation, claustrophobia, insomnia, depression, and hallucinations





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Adventure Primer

This adventure is designed for **three to seven** 1st - 4th, 5th - 10th, or 11th - 16th level characters and is optimized for **five characters with an** average party level (APL) of 3. Characters outside these level ranges cannot participate in this adventure.

This adventure is set in any one of the Icewind Dale Ten-Towns; choose one that your players are most familiar with.

Background

ICEWIND DALE and **TEN-TOWNS** are in the grip of the **EVERLASTING RIME**. For two years, Auril, the Frostmaiden, has kept the north frozen and dark, increasing scarcity and dangers.

CHARDALYN mineral deposits are in this area, valued for workability and strength. **VY**, a local fishing wizard, found a large cluster, **MOTHER LODE**, below the ice and opened a **MINE**. However, the chardalyn is filled with demonic magic; contact affects moods and perceptions.

After being given a crystal, **THARRAS**, a horticulturist, began having nightmares. Touching the crystal and inhaling dust caused **SPIRITIS**, the snow plower, to lose interest in ice-fishing. After working the mine, **BORA** experiences hallucinations.

Oddities have been noticed. While mining, **SERVAL** learned the chardalyn vein lengthens, and its route can be redirected. Vy instructs Serval to turn the vein toward her property (so Vy can legally claim it and mine it on dry land). But directing it toward the settlement will increase the chances of more people being affected.

Overview

The adventure is spread over **five parts** and takes approximately **4 hours** to play. The adventure begins with a Call to Action scene.

- Call to Action: Out of Sorts. Help the townsfolk (who are unknowingly affected by chardalyn). This is Story Objective A.
- *Part 1: Tharras.* Tharras isn't sleeping and wants help stopping her nightmares.

- *Part 2: Spiritis.* Spiritis has lost interest in ice-fishing but is willing to teach the characters.
- *Part 3: Bora.* Bora sees a storm that isn't there and wants help in the under-ice mine.
- *Conclusion: Under Ice.* The mine's chardalyn vein creeps toward town. Stop or redirect it, and close the mine. This is **Story Objective B**.

Adventure Hooks

Helper Hook. This hook is for all characters. As early as possible, give each player <u>Appendix 3</u> so they have time to read and consider the tips.

Your knowledge of helping in crisis could have come from training as a healer, counselor, or communicator. It could be part of the awareness needed to cast a spell like *calm emotions*.

Chardalyn Song Hook. This is for characters who aren't familiar with chardalyn.

You come across a song, "Mages of capability seek stuff of strength and workability. But note this crystal's elegy (sorrowful poem). Dark in shade and demonic energy. When handling this mineral, if changes to mood, thoughts, senses, neural, you'll know then—chardalyn."

Returning Home Hook. As a local, you are connected to one NPC (Work with your DM or fit the following into your backstory).

Last you were here, even if neighbors didn't like or know each other, many helped when they were needed most. Once, you were sick after eating a plant. A new neighbor—a tiefling horticulturist—rushed over, identified the plant, and helped even though she was a stranger.

Criminal Hook. You intercepted a letter to a buyer (DM may have a buyer in mind), setting a meeting to discuss the purchase of an ongoing supply of chardalyn. It is signed "Vy." Her address is in the settlement you are at now. Because of your intervention, she has not yet received a confirmation for the meeting.

Skald Hook. The last time you came through this area was during a festival; you performed for a child and their dads. The kid must be a teenager by now, almost, but remembering their laughter and dancing still makes you smile.

Mental Health in Our Games

Content Warning

This adventure includes references to mental health, isolation, claustrophobic nightmares, depression, hallucinations, and helping people in crisis (including suicidal thoughts).

Mental health and its analogs are already in our games. Everyone in fantasy and real-life navigates grief, trauma, and other mental health issues at varying points and lengths in their lives. For these reasons, representations in our games make sense. There's also value in recognizing its presence in our games as written, narrated, or roleplayed. And accepting that we or someone else may make light of, stigmatize, or misrepresent these identities, helps us be open to learning from and addressing problems as they arise. We can portray mental health in our games in a caring and effective way.

Provided in this module are a handful of options intended to minimize the risk of shaming, stigmatizing, and vilifying.

Communicate with Your Players

Well before the game, review and give players <u>Appendix 2</u>, and invite conversation. Make it safe to speak openly and privately about wants and needs. If in-game discussions of these topics negatively affect a player (or you as DM), encourage setting boundaries and limitations (see "Safety Tools"). Among many understandable boundaries, options can include leaving the game and the DM choosing a different module.

Talk about what to do if you or a player don't notice you've made a mistake—on language, portrayal, or in trying to help. When acknowledging the mistake and what might be more helpful, it may be advisable to do so privately. Included are NPCs' kind responses they may have to common mistakes.

Appendix 3 provides tips on how to help people in crisis (in-game and in real life). Since thoughts of self-harm, including suicide, are common, Appendix 3 covers these topics too. Assuredly, none of these NPCs die from suicide

or harm themselves, but this is a rare chance to practice talking with someone having these thoughts. Including this roleplay can give us more real-life confidence and help destigmatize a common experience in our lives.

Safety Tools

Learn about and use tools and techniques to ensure your table is a safe place to prevent, discuss, and address problems. It may be helpful to use the <a href="https://doi.org/10.1001/j.gov/10.1001/j

Another tool could be a code of conduct to prevent and give people an action plan if problems arise. <u>D&D Adventurers League</u> wrote an article to help create such a group agreement.

Language

Avoid stereotypes of the "mad" villain, "deranged" criminal, comical "crackpot," et cetera. Exclude words like "madness," "crazy," "insane," and the like. If referencing mental health, be specific and understanding; Bora isn't "crazy," something causes him to hallucinate.

"Madness" Tables

This adventure is set during the events of *Icewind Dale: Rime of the Frostmaiden*, which features a mineral called chardalyn. Chardalyn crystals are imbued with demonic magic that affects perceptions and moods. The effects it has are randomly determined from the *Dungeon* Master's Guide's "Madness" tables. Many of the effects in these tables are common responses to stress, like fight, flight, and freeze. To normalize these responses, we can be conscious of how we communicate them; Appendix 1 provides DMs with examples of compassionate phrasing for the effects. It also gives substitute titles to help DMs omit the word "madness" when referencing the tables. Appendix 1c provides an alternative to the "Indefinite Madness" table, offering common reactions that aren't flaws or behaviors intended to cause harm to self and others.

In real life, these responses and effects may last longer than the tables suggest; however, these durations provide players with an opportunity to repeatedly practice coping skills.

Call to Action: Out of Sorts

Estimated Duration: 5 minutes

Starting in this introduction, the characters overhear and observe many Ten-Towns residents behaving out of the norm for themselves.

Setting: The Settlement

You may insert this adventure into any one Icewind Dale settlement with access to a frozen body of water, ideally familiar to the characters. You can find details on these locations in *Icewind Dale: Rime of the Frostmaiden*. Make adjustments to the setting details provided so they better suit your needs.

Mood. Tense. The townsfolk seem more frustrated, discontented, and concerned.

Temperature. Cold. The Everlasting Rime's wintry storms are relentless.

Story Objective

The following parts' objective is to help the residents who act out of the norm for themselves.

Introduction

If possible, change the following names and descriptions to NPCs player characters have previously interacted with and know well. This makes it easier for players to recognize the differences in the NPC's behaviors and moods and increase their interest in helping.

If not possible, choose a Ten-Towns location and add these NPCs to your setting.

Creature Information

The community residents are of many species, possibly including awakened animals. They talk amongst themselves, and perhaps with the characters, about the trouble a community member has.

Read or paraphrase:

You overhear, "I'm sick of shoveling snow, of shriveled rations, and watching my cupboard empty. Now Tharras isn't serving breakfast anymore! A person can only take so much!"

A neighbor responds, looking toward Tharras' darkened home, "Still locked inside, aye? Sure miss her cheery laughter. And her apple oatmeal's enough to melt even the Frostmaiden's heart." Holding up a clay plant pot, they sigh, "Was hoping to trade this for more of her hazelnuts."

"Good luck! I haven't seen her in days. Last time I did, she joked about the bags under her eyes making better pillows than the one on her bed. I feel for her—I do! But our stockpiles are vanishing while hers are going to rot."

"Losing sleep's hard. But it's a chore just takin' care of me; got no idea how to help her."

If characters help these residents with their need for hazelnuts and non-ration food, characters earn **advantage** on one roll with Tharras (<u>Part 1</u>). Tharras, knowing they were kind to other community members, trusts the party to help her.

Part 1: Tharras

Estimated Duration: 55 minutes

A Nightmare Scenario

<u>Tharras</u> is missing work because of claustrophobic nightmares. Characters talk with her and investigate to receive clues to the cause—a "sleep well" charm (chardalyn).

Encourage each player character to somehow participate in this interaction. And adjust the DCs as needed for an appropriate challenge.

Tharras' Home

At a knock on Tharras' door, she answers after some time. She invites the party inside from the cold despite being embarrassed about her unkempt appearance and home (if there's anything she could do about it, she would, but she's doing her best here).

Tharras slowly recognizes characters with the "Returning Home Hook" and is happy to see them. She **overlooks one failed check**.

Area Information

Tharras' home has the following features.

Dimensions & Terrain. Tharras' A-framed roof hut measures 20-by-50-feet. A greenhouse lean-to is built along the normally sunny side of the house; yellowing plants droop inside. Characters know two years of the Everlasting Rime have killed many plants ("Other Checks").

Tharras' untidy home has an open floor-plan. One large room serves as a sitting, working, and cooking area. In a back corner lies a small bathroom.

Light. Dim light from a few lanterns.



Creature Information

Tharras sits on her bed, leaving dining chairs and a couch for the party.

Tharras

Lawful good tiefling (woman) druid
Tharras, a senior tiefling woman, is a forager and
horticulturalist.

- What They Want. Sleep.
- Uprooted. Tharras is groggy, listless, and unfocused.
 She is at a loss on how to sleep without nightmares and welcomes help. Characters may use the <u>Helper Hook Handout</u> for help with questions. Encourage everyone in the party to participate in some way.

Ask What's Wrong

Using an Open-Ended Question. Tharras tells them this section's information without checks.

DC 1 Charisma (Persuasion) Check. She slurs, "I'm fine, I just—" then falls asleep mid-sentence. She wakes, screaming, panicked. After calming, she laughs out of embarrassment, "I promise, my kind visitors, this does not mean I find you boring. It just means I haven't been sleeping."

DC 5 Charisma (Persuasion) Check. She can't sleep because of nightmares.

DC 8 Charisma (Persuasion) Check. She dreams of being encased in ice or buried underground. She's unable to fall back asleep.

DC 12 Charisma (Persuasion) Check. After three ten-days averaging three hours of uninterrupted sleep a night, she can't work.

Show You're Listening and Thank Them For Trusting You

If they thank Tharras for talking, repeat or paraphrase what she says, or validate how difficult it is to function without sleep, she becomes more at ease with them. They earn advantage on all Charisma checks with her.

Ask Directly

If characters ask about potential thoughts of selfharm, Tharras assures them she's felt fear, panic, frustration, and desperation but no thoughts of harm. For caring so much to ask, she gives them each a **cutting of a plant** her grandfather bred ages ago (ask the players what it looks like).

Ask What Has Helped

Making Suggestions Without Tharras Asking. Tharras responds, "Oh my, I wasn't ready for suggestions. But I have been thinking a lot about what's helped me in the past."

Using an Open-Ended Question. Tharras tells them this section's information without checks.

DC 1 Charisma (Persuasion) Check. She pulls a **journal** out from under her bed. She uses it to stop scary dreams from spiraling in her head, putting those thoughts away when closing the book. It hasn't worked lately.

She also tried carrying a "sleep well" charm. It never worked, "Goodness, where did I place that charm? Lately, I'd forget my horns if they weren't stuck to my head. If you want to look around for the charm, feel free. It's a small crystal with stars tied to it. Kindhearted Spiritis made it for me in exchange for oatmeal" ("Other Checks").

DC 5 Charisma (Persuasion) Check. Before three ten-days ago, she didn't like small spaces, but that dislike didn't affect her whole day.

DC 8 Charisma (Persuasion) Check. She points to several journal entries, "Before three ten-days ago, I went months without a single frightful dream. But since then, I wake screaming, again and again, throughout the night. Any slight fear of small spaces I had is surely a phobia now."

*DC 12 Charisma (Persuasion) check, passive Perception, or Wisdom (Perception) Check.*Tharras agrees to allow them to look through her journal, or they notice entries as they follow along with Tharras' pointing (Appendix 4).

Ask How You Can Help

Making Suggestions Without Tharras Asking. Tharras responds, "I'm feeling overwhelmed from all the advice. I tell you what, though, not sleeping, I've had more time than I'd like to think about what might help."

Spellcasting. She's not been able to think of spells that would help. <u>Greater restoration</u> helps momentarily but does nothing to stop dreams. The <u>sleep</u> spell won't help; she wakes yelling.

Dispose of the Chardalyn. If characters tell Tharras chardalyn could be affecting her mood, she asks them to dispose of it safely. She also

asks them to talk with Spiritis about it and how it's affecting Tharras; it would be terrible if more people were in contact with the chardalyn (<u>Part 2</u>). If they agree, she is grateful ("Treasure").

Other Checks

Care for Yellowing Plants. With a successful DC 10 Intelligence (Nature) check, characters know Tharras' plants have been well cared for throughout the Everlasting Rime, but they have not received enough water in the last three tendays. Something changed at that time that made it difficult for her to care for her plants.

If characters offer to care for the plants by watering and/or spellcasting sunlight, they earn **advantage on one roll** while with her.

Insights. Characters succeeding on a DC 12 Wisdom (Insight, Medicine, or Perception) or Intelligence (Nature) check notice small details that might escape others.

They may notice her bloodshot eyes, sleepy nods, and a slight weave from being off-balance show Tharras is sleep deprived. Or her body language indicates the need for wide personal space, not being surrounded, and is sometimes distracted by thoughts followed by the need to take a deep breath of fresh air; she is greatly distressed by confined, smaller spaces.

If Not Sure How to Help. Players or characters who have been quiet because they are unsure how to help may roll for a DC 10 Intelligence (History) check. On a success, they recall a past experience when someone helped them, a loved one, or a story they heard. Use this roll to give hints about unasked questions, unused tips, or loose threads in Tharras' part of the story.

On a failed check, Tharras checks in, feeling like she should help them feel more comfortable or any other conversation that seems appropriate for this part of the roleplay.

Find the "Sleep Well" Charm. Investigating Tharras' house, characters succeeding on a DC 15 Intelligence (Investigation) check find the "sleep well" charm under Tharras' pillow. The charm is a smokey crystal with crumpled paper stars tied by indigo ribbon ("Chardalyn Contact" sidebar).

Study the "Sleep Well" Charm. Characters familiar with chardalyn or who succeed on a DC 12 Intelligence (Nature) check know the crystal is chardalyn. Chardalyn can cause or worsen nightmares.

Analyzing the charm's magical construction, trying to determine its purpose, a character succeeding on a DC 15 Intelligence (Arcana) check knows this was not made by someone proficient in magic item crafting; this is a nonmagical trinket.

On a failed Arcana check, a character may wonder if the charm was created to harm Tharras.

Chardalyn Contact

Chardalyn affects characters who directly contact this mineral (see "Mental Health in Our Games").

The following information is needed for this part.

- Detect evil or good. Spells like detect evil or good identify chardalyn in this module as desecrated.
- *Investigation or Touch.* Direct contact with the crystal is unsettling. Failure on a DC 12 Constitution saving throw causes a random effect from the "Short-Term Stress Response" table (Appendix 1a).
- 1 Hour Contact. Keeping a chardalyn crystal on their person for more than 1 hour causes a random effect from the "Indefinite Change" table (Appendix 1c).

Treasure

Tharras thanks them by offering each of them **boots of the winterlands** (Appendix 8). Someone gave them to her in a trade, but she only needs one pair.

Part 2: Spiritis

Estimated Duration: 1 hour

Go Fish

<u>Spiritis</u> loves ice-fishing. But it's been a long time since she's felt like fishing. Characters talk with her and investigate to receive clues that the cause of her lack of interest is chardalyn dust, coating a <u>pickax</u> (<u>Bora's</u>) left at Spiritis' home.

Encourage each player character to somehow participate in this interaction. And adjust the DCs as needed for an appropriate challenge.

Spiritis' Home

At a knock on Spiritis' door, she answers and invites the party inside for a meal.

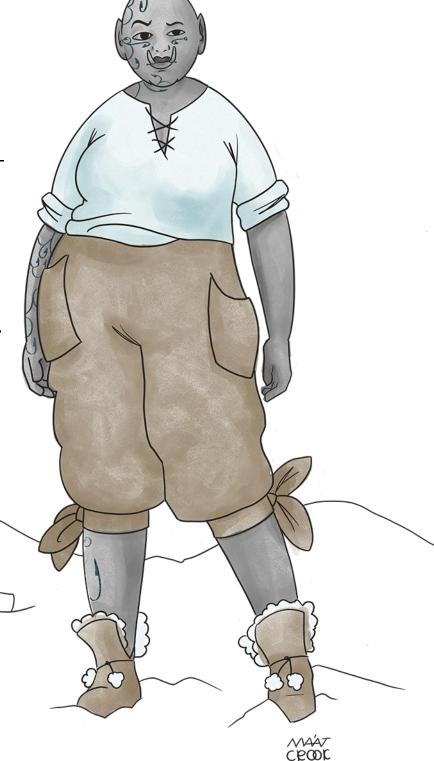
Area Information

Spiritis' home has the following features.

Dimensions & Terrain. Spiritis' hut, a 20-by-40-foot semi-cylinder, is piled high with snow. In the yard is a shed and half-buried sign reading, "SNOW RE—." If characters brush away the snow, the sign says, "SNOW REMOVAL SERVICE," with a smaller sign reading, "CLOSED FOR SEASON." Characters know the sign isn't accurate; the Everlasting Rime makes every day a snow day.

Spiritis' home is split into three rooms; a kitchen entry room leads to the bedroom, which leads to a tiny bathroom.

Light. Bright from fire and magical lighting.



Creature Information

She invites the party in from the cold and searches indecisively for something to cook.

Spiritis

Lawful neutral orc (woman) rogue assassin
Spiritis, a middle-aged orc woman with a shaved head, is
the local snow plower.

- What They Want. She wishes she had the energy and interest she once had.
- Frozen. Spiritis' expressions and tone of voice are understated and apathetic. She hasn't been able to work up motivation and may be open to their help. Characters may use the <u>Helper Hook Handout</u> for help with questions. Encourage everyone in the party to participate in some way.

Ask About the "Sleep Well" Charm

We're Helping Tharras. If the party is forthcoming, telling Spiritis about the chardalyn, how it affects Tharras, and that they are trying to help, they have **advantage on one roll** with Spiritis. Spiritis also tells them the information in this section without checks.

DC 1 Charisma check. If asked where the charm was from, she tells them, "I found that bit of quartz on my floor, under the dining table."

DC 10 Charisma check. "I don't know how it got here (it fell off Bora's mining clothes), but with a bit of dressing, it looked worth trading for oatmeal. I should go to Tharras' again." She sighs.

With a DC 12 Wisdom (Insight) check, they know Spiritis thinks it would be good to get out, but she sighs because, for some reason ("Ask What's Wrong"), she feels she can't go.

On a failure, they interpret the sigh as sadness.

Ask What's Wrong

Using an Open-Ended Question. Spiritis tells them this section's information without checks unless the party previously used intimidation in questioning Spiritis. Otherwise, acknowledge their skillful use of an open-ended question and ask for Charisma (Persuasion) checks.

DC 1 Charisma (Persuasion) Check. She discloses that everything is too hard to do—getting out of bed, eating.

DC 5 Charisma (Persuasion) Check. Until this meal, she'd not felt like cooking today. She just couldn't motivate herself.

DC 8 Charisma (Persuasion) Check. She can't even go ice-fishing, the highlight of her day. She used to relax, spend time in nature, have alone time, or socialize with a fishing buddy. Even though fishing is important to her, she doesn't have an interest in taking steps to go.

DC 12 Charisma (Persuasion) Check. The last time she went fishing was also the last time she had Tharras' oatmeal when she traded it for that "sleep well" charm.

Show You're Listening and Thank Them For Trusting You

If they thank Spiritis for talking, repeat or paraphrase what she says, or validate the frustration of being unable to do activities, she becomes more at ease with them. They earn advantage on all Charisma checks with her.

Ask Directly

If characters ask about potential thoughts of selfharm, Spiritis admits, "A thought crossed my mind that never waking up again would be a relief. I wouldn't need to push myself anymore."

Ask How

If characters ask Spiritis if she has plans to never wake up again, she responds, "No. That's not something I've wanted to think about."

Ask What Has Helped

Making Suggestions Without Spiritis Asking. Spiritis responds, "Hold on, please. I know you want to help, and thank you. Still. I've tried a lot of that, and I know what helps me."

Using an Open-Ended Question. Spiritis tells them this section's information without checks.

DC 1 Charisma (Persuasion) Check. A routine was motivating—wake, eat, work, clear the path to the waterfront, and end the day fishing. It hasn't worked lately.

DC 5 Charisma (Persuasion) Check. "I never noticed how much preparation and energy it takes just to get started with the day until I lost my motivation. And if it takes a lot of convincing

just to eat and bathe or dress then, it's not likely I'll have the time or energy for anything else."

DC 8 Charisma (Persuasion) Check. "Last time I fished was with my friend Bora, about the time I made the charm" (she doesn't realize the crystal fell off Bora's mining clothes).

DC 12 Charisma (Persuasion) check. "Since then, I haven't even been able to return Bora's pickax that he left. I cleaned the dust off it that night, but I still can't take it to him" (pickax information in "Other Checks").

Ask How You Can Help

Making Suggestions Without Spiritis Asking. "That's a lot. I'm having a hard time right now sorting out your suggestions. But I've thought many times about what could help me."

Learn Ice-Fishing. The thought of gathering and carrying her gear sounds like too much effort, "To top that off, I'd also need to shovel the path to the waterfront. If you can help me gather, carry, and shovel, I'll gladly teach you how to icefish ("Ice-Fishing" below)."

Deliver Bora's Pickax. She also asks if they will take the pickax to Bora ("Treasure" below), "And please. Tell him about the chardalyn. Talk to him about what it's doing to me. I worry about him and his family."

Other Checks

Cook a Meal. If characters offer to cook, they must succeed on a DC 15 Charisma (Persuasion) check before she lets them.

On a failure, she refuses, believing cooking is her duty as host. She makes a quick, bland meal (examples: plain pasta or toast).

If characters cook or don't complain about her meal, they have **advantage on one roll** with her.

Insights. Characters succeeding on a DC 12 Wisdom (Insight) check notice small details that might escape others.

They may watch Spiritis' forehead wrinkle and jaw clench anytime she talks about wanting to work and fish; she is frustrated by her lack of interest and drive. Or they look for the gestures and wording commonly used by spellcasters, witnessing no indications that she has the knowhow or desire to create a cursed item. She made the "sleep-well" charm as a mundane trinket.

If Not Sure How to Help. Players or characters who have been quiet because they are unsure how to help may roll for a DC 10 Intelligence (History) check. On a success, they recall a past experience when someone helped them, a loved one, or a story they heard. Use this roll to give hints about any unasked questions, unused tips, or loose threads in Spiritis' part of the story.

On a failed check, Spiritis asks if they like icefishing, what they do when they feel unmotivated, or any other conversation that seems appropriate for this part of the roleplay.

Investigate. A physical investigation of Spiritis' house and DC 10 Intelligence (Investigation) check reveals Bora's pickax, a dirty cleaning rag, and fine residue under her kitchen table (where someone was sitting).

Characters examining Bora's pickax and succeeding on a DC 15 Intelligence (Investigation) check find residue in the pickax's crevices and grey mineral dust on the rag. This kicks up a little dust and is inhaled by characters doing the investigation ("Chardalyn Contact" sidebar).

Characters familiar with chardalyn or who succeed on a DC 12 Intelligence (Nature) check know the dust is from chardalyn, which can cause a loss of interest.

On a failed check, characters reason the "sleep well" charm and pickax may be related.

Chardalyn Contact

Chardalyn affects characters who directly contact this mineral (see "Mental Health in Our Games").

The following information is needed for this part.

- Detect evil or good. Spells like detect evil or good identify chardalyn in this module as desecrated.
- Investigation or Touch. Direct contact with the crystal is unsettling. Failure on a DC 12 Constitution saving throw causes a random effect from the "Short-Term Stress Response" table (Appendix 1a).
- 1 Hour Contact. Keeping a chardalyn crystal on their person for more than 1 hour causes a random effect from the "Indefinite Change" table (Appendix 1c).

Ice-Fishing

To ice-fish characters roll a contested Wisdom (Survival) check against the Knucklehead Trout's Strength check (+2). If the character's roll is higher, they catch the trout. If the trout's roll is

higher, the fish gets away. Characters with the Cold Water Fisherfolk background (*Knuckleheads & Other Such Curiosities: A Travelers' Guide to Icewind Dale*) have advantage on their fishing rolls.

Spiritis also knows how to fish without using a fishing pole and hook. She plunges her hand into the ice-cold water, wiggles her fingers slowly, and waits. She is quiet and focused until suddenly she yanks up a knucklehead trout who mistook her (uninjured) hand for a snack.

Characters trying this make a DC 15 Constitution saving throw to withstand the cold water. On a failure, they remove their hand from the cold water without catching a fish. On a success, they may roll for a DC 12 Wisdom (Animal Handling) check; on a success, they catch a trout. On a failure, they may try further checks to hold their hand in longer and catch a fish.

Treasure

The characters are given Bora's *pickax* (consumable magic story item) with five runes (5 charges of mold earth). When striking dirt or stone with this pickax, characters manipulate a 5-foot cube around the strike as if they cast mold earth. After five strikes (using up the 5 mold earth runes) or ending the adventure (whichever comes first), the pickax becomes a mundane miner's pick.

Story items can only be used during this module's gameplay.

Part 3: Bora

Estimated Duration: 1 hour

Mine of Information

Bora is hallucinating. Characters talk with him and investigate to receive clues that lead to the root cause, a chardalyn mine.

Encourage each player character to somehow participate in this interaction. And adjust the DCs as needed for an appropriate challenge.

Bora's Home

As characters approach, seven panicked **chickens** run out of the house, chased by a halfelf tween (Ander) and toddler (Jovial). Jovial shouts, "'Om back here, ickens (Come back here, chickens!)!" The chickens run for an opening between the party and a snowbank.

Characters can help the children catch (grapple) the chickens, using a contested Strength (Athletics) check against each chicken's Dexterity (Acrobatics) check (+2). This help earns them advantage on one roll to use at any time in this module.

Once all the chickens are caught, Ander shouts toward the front door, "Dads, there's visitors!" From behind the tween, Jovial adds, "tangers! (strangers!)"

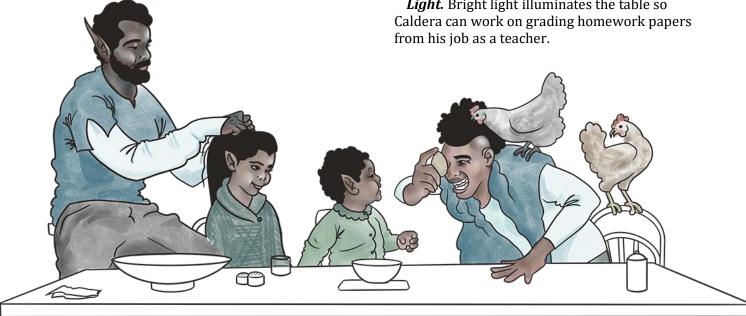
Ander is the child from the "Skald Hook," and their parents remember the player character's performance. They **overlook one failed check**.

Area Information

Bora's home has the following features.

Dimensions & Terrain. Bora, his husband Caldera (human), and their two half-elf children. Ander (they) and <u>Iovial</u> (she) live in a 25-by-25foot, two-story, converted barn. Outside, the snow has engulfed an empty chicken coop and run. A stream runs behind the house. Inside their home, chickens share the warmth of the family's living and cooking space. Stairs are blocked off to prevent the chicken's access to an upstairs loft with three beds. The home smells of chickens and has the kind of clutter that comes from having kids.

Light. Bright light illuminates the table so



Creature Information

Before the characters arrived, Bora was in the midst of hurriedly sweeping, "I need to finish so I can get to the mine before the rain comes." Caldera, a teacher, looks up from grading homework to calm his rushed husband.

Bora

Chaotic good sun elf (man) commoner
Bora, an adult sun elf man, is a farmer and miner.

- What They Want. During a hallucination, he wants people to believe him. When he knows he hallucinated, he's frustrated with his mind's betrayal. He doesn't want his family to go through this.
- Digger. For roleplaying, keep in mind that Bora's
 hallucinations are the truth to Bora. Bora knows (from
 a hallucination) a heavy rainstorm is coming. It could
 flood the rare gem mine. Characters may use the
 Helper Hook Handout for help with questions.
 Encourage everyone in the party to participate in
 some way.

Bora's Pickax

After returning the pickax, Bora is grateful, earning them **advantage on one roll** to use at any time in this module.

Warn Bora of Chardalyn

If characters inform him about chardalyn's dangerous effects on people, Bora feels some relief to have answers to his hallucinations. They earn **advantage on all Charisma checks** with Bora.

DC 12 Wisdom (Insight) Check. If characters show Bora the "sleep well" charm, they see Bora's eyes widen, recognizing the crystal.

What Does Bora Know?

If asked what he knows about chardalyn, he honestly says, "I've never heard of chardalyn before you said the word."

DC 10 Charisma (Persuasion) Check. "I'm a farmer by trade, mostly chickens. I know next to nothing about gems, crystals, and what-not."

DC 14 Charisma (Persuasion) Check. "It's only recently that I've needed to find a job outside my expertise. But a farmer knows how to dig and isn't shy about hard work."

DC 18 Charisma (Persuasion) Check. I work in a mine with five other people. We dig grey crystals, but I don't know what they're called or if they are the crystals you're asking about.

Hey! If you need work, we really could use a few extra hands to fortify the mine before the big rainstorm comes." Ander stands closer to their father ("Other Checks" for insight on why).

Ask What's Wrong

When asked, Bora's initial reaction is defensiveness, "I'm tired of being asked what is wrong! Stop worrying about me and start believing me. Rain is coming!" Caldera touches his husband's arm, validating his concerns, "It's frustrating when it seems people don't believe you. I think we all see how worried you are about the other miners."

DC 6 Charisma (Persuasion) Check. Bora puts on coveralls over his clothes, "I need to get to the mine. I know the rainstorm is real. I admit I've had my doubts about a few things I've seen and heard lately, but this isn't one of those times."

DC 10 Charisma (Persuasion) Check. Jovial wanders to Ander and Bora, tumbling over as she squeezes between them. Bora picks her up, "Days ago, I heard Jovial crying, but then Ander showed she was sleeping quietly in their arms. No one told me I was wrong, but I could see for myself the sound wasn't true."

DC 14 Charisma (Persuasion) Check. "And I believe there is an underground slithering thing approaching town, but ever since Caldera asked how I learned about it, I've had doubts. I have no idea how I know it's coming." He sets Jovial down and walks toward the door, "But some of what I see is true. Like the rainstorm!"

DC 18 Charisma (Persuasion) Check. He shifts his focus from the party to his family, nodding to his husband, "It is frustrating, and I know it must be frustrating for you." Bora gives Ander a hug, squeezing them to his side, "I don't want you to worry, and I don't want to put you all through this. I love you."

Ask Ander What's Wrong. They whisper, "What if something bad happens to my dad?"
Characters familiar with chardalyn or who

succeed on a DC 12 Intelligence (Nature) check know Ander's potential contact with chardalyn dust (beating their dad's clothes with a stick in the stream) is low; it's most likely their fear and anxiety aren't from chardalyn. However, it would be a natural reaction to stress and worry over what their dad is experiencing.

On a failed check, characters aren't sure if Ander is affected by chardalyn or being unsettled and concerned; either is understandable.

Ander might feel better knowing the party is accompanying Bora to the mine or to hear that the mine could be closed.

Ask Caldera What's Wrong. "I've been worried Bora was possibly working too hard, or something in the mine made him sick."

He feels better hearing chardalyn is one explanation and knowing there's possible help (closing the mine and destroying the chardalyn).

Show You're Listening, Thank Them For Trusting You, and Acknowledge Pros and Cons.

If they thank Bora for talking, repeat or paraphrase what he says, validate how scary the visions are, acknowledge how hard the hallucinations have been on him and the family, and how much he loves his kids and husband, they earn **advantage on all Charisma checks** with Bora, during the remainder of this module.

Ask Directly

DC 18 Charisma (Persuasion) Check. If characters ask about potential thoughts of self-harm, he looks at each of his family members and says, "You've been so patient and caring. I love you, and you show me you love me every day. So I want you to know these thoughts are not because of anything you have done—I worry this is too hard on you. And when I worry about that, I wonder if you'd be better off without me."

On a failed check, he doesn't respond. The character with the highest passive Perception notices tears in his eyes.

Ask How

DC 18 Charisma (Persuasion) Check. Bora specifies that he's prepared nothing, but it did cross his mind to use the shortsword above the fireplace.

On a failed check, he promises to talk with Caldera about it tonight, in private.

He is willing for Caldera to put the sword somewhere Bora needs to ask for it.

Ask What Has Helped.

It helps if people don't tell him he's wrong. It helped when Ander calmly showed him Jovial, and he saw she wasn't crying.

Ask How You Can Help.

If he learns chardalyn's dangers, he asks the party to go with him to the mine, confirm he's digging chardalyn, and if so, help close the mine.

If he worries about flooding, he asks for help securing the mine.

He asks the characters how they want to be introduced (for example, as helpers, consultants, workers, the "Criminal Hook" buyers, etc.)

Other Checks

Search the Horizon for Rain. To date, the Everlasting Rime creates snowstorms, not rain. The character with the highest Intelligence (Nature) check confirms no chance of rain.

Insight (Ander). Characters notice Ander's forehead wrinkles, and they stand closer to Bora every time he discusses leaving for the mine or about the rainstorm. Succeeding on a DC 12 Wisdom (Insight) check characters know they fear for their father's safety.

Insight (Caldera). Characters see concern in Caldera's expression any time Bora is upset or stressed.

Succeeding on a DC 18 Wisdom (Insight) check character see more underneath that concern. He has doubts about his own ability to support his husband in the way Bora wants and needs.

Medical Exam. Characters with a Wisdom (Medicine) bonus above +0 have Bora's permission to do a medical examination.

With a successful DC 14 Wisdom (Medicine) check, Bora sneezes, leaving grey snot on his hanky. He's been breathing chardalyn dust. Chardalyn can cause hallucinations.

On a failed check, Bora is physically healthy.

Investigate Their Home for Chardalyn. A physical investigation of Bora's house reveals no new information about chardalyn. He does not bring chardalyn home. And he and Ander wash his mining clothes in the stream before entering.

Conclusion: Under Ice

Estimated Duration: 1 hour

Bora and five townsfolk mine a vein of chardalyn offshore. The miners notice the vein has healed itself and stretches its reach closer to town.

Characters stop the vein from encroaching the town by blasting the vein's mother's lode or redirecting the vein's path. The chardalyn affects the party and seems to fight against their progress. Two miners need to be evacuated.

While in the mine, if the party mentions closing it or destroying the chardalyn, refer to "Chardalyn Fights Back" from the "Closing the Mine" section.

Setting Information

The mine is dangerous. 1) A chardalyn vein grows ever closer to town, increasing the chances more people could come into contact with it. 2) Mining scatters chardalyn dust into the air to breathe in and cling to skin. 3) The chardalyn understands the characters' plan to close the mine and fights against the party.

Temperature. Cold. Inside, the mine is slightly warmer than outside but remains cool enough to keep the ice frozen.

Chardalyn Effects. As characters travel the mine, the module denotes most-likely moments of coming into contact with chardalyn. Each area includes a "Chardalyn Effects" sidebar that outlines some of the ways contact can affect the party.

Objectives

The objective of this conclusion is to stop or redirect the chardalyn vein and close the mine safely.

Chardalyn Mine

Bora leads the party to the waterfront, keeping out of view of the general public. They walk along the shore behind an outcropping and onto the ice. Bora watches the horizon for signs of a rainstorm. From a distance, it appears three people are ice-fishing. But as the party gets closer, it's clear they weren't fishing. They had rappelled a miner down a hole in the ice.

Bora introduces the party. Once the party is safely below, the three miners above pretend to ice-fish, guarding the entrance (map, <u>Appendix 6</u>).

A. Mine Entrance and Tunnel

The ice above-ground is a foot thick at the most. The mine shaft, walls, and ceiling are frozen through spells, creating a protective aquariumlike mine. After repelling twenty feet to the sandy floor, the characters are in an entrance chamber, alone. The tunnel here marks the spot where the chardalyn begins (a large mother lode), with a vein branching eastward, in a single line along the floor and walls.

Characters investigate the mother lode and vein.

Area Information

Area A has the following features.

Dimensions & Terrain. This entrance is a 15-by-20-foot area. To the east is a connecting tunnel that is 10-by-35-foot long. The mine's ceiling is 10-foot tall.

Chardalyn Mother Lode. Midway through the tunnel, a 2-foot-tall cluster of crystals is embedded in the sandstone. From this lode, the vein branches east along the tunnel's southern wall, continuing to Area B.

Lighting. Dim. A blue glow illuminates the area from the light filtering through and bouncing off ice. The occasional fish cast shadows on the ice. Where miners work, *continual flame* lights the area.

Sounds & Smells. Dry sand muffles steps and absorbs the pickaxing and miner banter coming through the connecting tunnel. The cool air smells heavily of minerals, from ice, sand, and something else.

Chardalyn Contact

Chardalyn affects characters who directly contact this mineral (see "Mental Health in Our Games").

The following information is needed for this area.

- **Detect evil or good.** Spells like detect evil or good identify chardalyn in this module as desecrated.
- Investigation Check. Characters who succeed on a DC 20 Intelligence (Investigation) check, of the chardalyn vein, notice strikes against the vein are almost unperceptively growing back as if the vein heals itself to remain a solid line. On a failure, they believe no one has mined this part of the vein.
- Direct Contact. Direct contact with the crystal is unsettling. Failure on a DC 12 Constitution saving throw causes a random effect from the "Short-Term Stress Response" table (Appendix 1a).
- 1 Hour Contact. Keeping a chardalyn crystal on their person for more than 1 hour causes a random effect from the "Indefinite Change" table (Appendix 1c).
- Inhaling Dust. Breathing in chardalyn dust causes intense unease. Characters within the cloud failing a DC 15 Constitution saving throw are affected by the "Long-Term Stress Response" table (Appendix 1b). Characters wearing a mask to prevent inhaling particulates roll at advantage.
- Attacking the Vein. Striking the vein with an attack or tool creates a 20-foot diameter sphere of chardalyn dust (see "Inhaling Dust" above).

B. Vy's Storage and Tunnel

This cavern is the miner's supply storage and place to keep mined chardalyn until taking it to the surface. Here, characters find a miner to evacuate and learn more about the mine.

Area Information

Area B has the following features.

Dimensions & Terrain. This cavern is roughly 25-by-40-foot. To the east is a connecting tunnel that's 10-by-55-foot long. Dug deeper, most of the walls are sandstone, but the 10-foot tall ceiling is ice. The vein lines the southern wall, curving along the eastern wall and through the tunnel. In the area is a miner ("Creature Information") and supplies ("Treasure").

Creature Information

Moments ago, she gathered sacks when the chardalyn randomly affected her (use the "Long-Term Stress Response" table on <u>Appendix 1b</u>).

<u>Vy</u>

Chaotic neutral gith (woman) wizard Vy, a senior, gith woman, and fishing wizard, claimed the mine (not legally).

- What They Want. Enough food and coin to survive on during the Everlasting Rime and after.
- All Mine. For roleplaying, whatever the effects of the chardalyn, Vy is level-headed and patient. If characters use the Helper Hook Handout to help her with the chardalyn effects, they earn advantage on their next Charisma check. If time is an issue, keep this interaction short. Encourage everyone in the party to participate in some way.

Vy started mining after seeing the chardalyn mother lode poking out of the sand floor. She has a buyer (Xardorok Sunblight? Arcane Brotherhood? A group of kobolds?) but hasn't met them yet (characters with the "Criminal Hook" could exploit this).

She doesn't know chardalyn affects people. If characters inform her of chardalyn's dangers and succeed on a DC 12 Charisma (Persuasion) check, she agrees to evacuate, destroy her chardalyn supply, and lets them close the mine.

On a failed check, outnumbered and without a legal claim, Vy leaves peacefully. However, she

plans to sell her chardalyn and open the mine again after the party is gone.

Treasure

Blasting Sticks (dynamite) 5 sticks, story

item. See the *Dungeon Master's Guide*. 1 stick can be lit (placed or thrown 60 ft.) and causes 3d6 (+ 1d6 for each additional stick, max 10d6) bludgeoning damage. Creatures within 5 feet of the explosion, succeeding on a DC 12 Dexterity saving throw, take half damage. A longer fuse can be set for 1 to 6 rounds.

Enduring Spellbook (Wondrous Item, common). Vy's backup spellbook contains mining notes and spells—continual flame, control water, erupting earth (Elemental Evil Player's Companion), expeditious retreat, frost fingers (Icewind Dale: Rime of the Frostmaiden), move earth, and stone shape (Appendix 5).

Chardalyn Contact

Chardalyn affects characters who directly contact this mineral (see "Mental Health in Our Games").

The following information is needed for this area.

- **Detect evil or good.** Spells like detect evil or good identify chardalyn in this module as desecrated.
- Investigation Check. Characters who succeed on a DC 20 Intelligence (Investigation) check, of the chardalyn vein, notice strikes against the vein are almost unperceptively growing back as if the vein heals itself to remain a solid line. On a failure, they believe no one has mined this part of the vein.
- Direct Contact. Direct contact with the crystal is unsettling. Failure on a DC 12 Constitution saving throw causes a random effect from the "Short-Term Stress Response" table (Appendix 1a).
- 1 Hour Contact. Keeping a chardalyn crystal on their person for more than 1 hour causes a random effect from the "Indefinite Change" table (Appendix 1c).
- Inhaling Dust. Breathing in chardalyn dust causes intense unease. Characters within the cloud failing a DC 15 Constitution saving throw are affected by the "Long-Term Stress Response" table (Appendix 1b). Characters wearing a mask to prevent inhaling particulates roll at advantage.
- Attacking the Vein. Striking the vein with an attack or tool creates a 20-foot diameter sphere cloud of chardalyn dust (see "Inhaling Dust" above).

C. Stope and Tunnels

A connecting tunnel leads to a deeper stope (mined cavern). The first tunnel is filled with dust, and crystals regrow in the stope.

Characters learn about the vein.

Area Information

Area C has the following features.

Dimensions & Terrain. A 10-by-25-foot tunnel, running north-south, connects to a 20-by-20-foot stope. Along the eastern wall, another 10-by-25-foot tunnel continues toward Area D. The sandstone ceiling is 10-foot high. The vein runs along the western and southern walls. In the stope is a section of a bare, mined wall, a 3-inch gap in the vein. The vein is regrowing here.

Chardalyn Dust. A 20-foot diameter cloud of chardalyn dust hovers in the stope ("Chardalyn Contact: Inhaling Dust" sidebar).

Chardalyn Growth

The character with the highest passive Perception hears what sounds like ice or glass cracking.

The characters' "Chardalyn Contact: Investigation Check" can be rolled at advantage here. The vein was recently mined (by Vy), splitting the vein and showing 3-inches of bare wall. The chardalyn crystals crackle as they grow back, beginning to reconnect the vein. Seeing growth where there were once no crystals makes the vein's ability much more perceptible here.

Chardalyn Contact

Chardalyn affects characters who directly contact this mineral (see "Mental Health in Our Games").

The following information is needed for this area.

- **Detect evil or good.** Spells like detect evil or good identify chardalyn in this module as desecrated.
- Investigation Check. Characters who succeed on a DC 20 Intelligence (Investigation) check, of the chardalyn vein, notice strikes against the vein are almost unperceptively growing back as if the vein heals itself to remain a solid line. On a failure, they believe no one has mined this part of the vein.
- Direct Contact. Direct contact with the crystal is unsettling. Failure on a DC 12 Constitution saving throw causes a random effect from the "Short-Term Stress Response" table (Appendix 1a).
- 1 Hour Contact. Keeping a chardalyn crystal on their person for more than 1 hour causes a random effect from the "Indefinite Change" table (Appendix 1c).
- Inhaling Dust. Breathing in chardalyn dust causes intense unease. Characters within the cloud failing a DC 15 Constitution saving throw are affected by the "Long-Term Stress Response" table (Appendix 1b). Characters wearing a mask to prevent inhaling particulates roll at advantage.
- Attacking the Vein. Striking the vein with an attack or tool creates a 20-foot diameter sphere cloud of chardalyn dust (see "Inhaling Dust" above).

D. Serval's Stope

A deeper, blobby, L-shaped stope ends the mine. Serval works here, doing as Vy instructed—molding the earth and redirecting the vein toward town.

Characters learn more about the vein and evacuate Serval.

Area Information

Area D has the following features.

Dimensions & Terrain. Miners dug this 15-by-55-foot oblong stope deeper into the sandstone. Its ceiling is 10-foot high, and the vein runs along the western and southern walls. In the area is a miner ("Creature Information").

Creature Information

Serval wears a mask but what little dust is in this area appears to be sand mostly. She is on her hands and knees, arranging sandstone and chardalyn rubble (this redirects the vein as Vy instructed her and wrote about in her spellbook). Prolonged contact has randomly affected her ("Indefinite Change" table, <u>Appendix 1c</u>).

Serval

Chaotic good halfling (woman) ranger
Serval, a young-adult, halfling woman, works as a digger.

- What They Want. She is an avid learner and loves hearing tales of Drizzt Do'Urden.
- Tell Me More. For roleplaying, Serval is thoughtful
 and a good listener. If characters use the <u>Helper Hook</u>
 <u>Handout</u> to help her with the chardalyn effects, they
 earn advantage on their next Charisma check. If time
 is an issue, keep this interaction short. Encourage
 everyone in the party to participate in some way.

Characters deducing what Serval is doing to the rubble must succeed on a DC 15 Wisdom (Insight) check to know she's redirecting the vein.

On a failure, she explains. This vein grows, lengthening itself. This is why it appears to heal when miners excavate crystals. She used *mold earth* to turn the sandstone and crystals into difficult terrain. Now she pieces the vein back together, pointed in a new direction. When she uses *mold earth* again, it returns to normal

terrain, the vein is healed, and it continues to grow in the direction she intended.

She believes Vy asked her to do this, so the vein travels closer to town and is safer to mine than it is now, being underwater.

If characters inform her of chardalyn's dangers and succeed on a DC 12 Charisma (Persuasion) check, she agrees to evacuate. They may roll at advantage if they mention Drizzt Do'Urden or if she sees a piece of Drizzt's cloak.

On a failed check, wanting to learn more about the vein, she leaves to find Vy. She wants to discuss how to reopen the mine while keeping people safe from the chardalyn effects.

If characters use the <u>Helper Hook Handout</u> to help her with the chardalyn effects, they earn **advantage on their next Charisma check.** If time is an issue, keep this interaction short.

Chardalyn Contact

Chardalyn affects characters who directly contact this mineral (see "Mental Health in Our Games").

The following information is needed for this area.

- **Detect evil or good.** Spells like detect evil or good identify chardalyn in this module as desecrated.
- Investigation Check. Characters who succeed on a DC 20 Intelligence (Investigation) check, of the chardalyn vein, notice strikes against the vein are almost unperceptively growing back as if the vein heals itself to remain a solid line. On a failure, they believe no one has mined this part of the vein.
- Direct Contact. Direct contact with the crystal is unsettling. Failure on a DC 12 Constitution saving throw causes a random effect from the "Short-Term Stress Response" table (Appendix 1a).
- 1 Hour Contact. Keeping a chardalyn crystal on their person for more than 1 hour causes a random effect from the "Indefinite Change" table (Appendix 1c).
- Inhaling Dust. Breathing in chardalyn dust causes intense unease. Characters within the cloud failing a DC 15 Constitution saving throw are affected by the "Long-Term Stress Response" table (Appendix 1b). Characters wearing a mask to prevent inhaling particulates roll at advantage.
- Attacking the Vein. Striking the vein with an attack or tool creates a 20-foot diameter sphere cloud of chardalyn dust (see "Inhaling Dust" above).

Closing the Mine

At this point, characters choose how they stop the chardalyn from endangering people and close the mine. They may have creative solutions (examples in "Stopping the Chardalyn Vein").

The chardalyn hears discussions and senses thoughts. If anyone intends to and works to stop the chardalyn, the "Chardalyn Fights Back."

The mine is also not structurally sound enough to withstand damage and loud noises ("Environmental Dangers").

Stopping the Chardalyn Vein

Redirect or Destroy the Vein. Use the technique Serval demonstrated in area D, with *mold earth*, Bora's <u>pickaxe</u>, or similar actions to turn the end of the vein away from the town. They can also use *mold earth* to leave the chardalyn vein as rough terrain.

Destroy the Mother Lode. As the mother lode is the source of the vein, destroying it stops it permanently. The party can use the 5 <u>blasting sticks</u> or cause 25 damage (add 25 damage for each tier above 1, the chardalyn has immunity to poison and psychic damage).

Environmental Dangers

Fire and force damage, flames causing heat, explosions, and loud noises destabilize the ice and weaker sandstone. Characters in the area must make a DC 15 Dexterity saving throw or take 5 bludgeoning damage (add 5 damage each tier above 1) from falling debris.



Chardalyn Fights Back

The chardalyn understands what the party is planning and fights in any of the following ways, once per round on initiative 20.

Headache. The mother lode is growing and shifting; crystals point in the direction of the party. The chardalyn chooses one or two creatures (within 5 feet of each other) in areas A, B, C, or D. Each target must succeed on a DC 13 Dexterity saving throw or take 3 (1d6) psychic damage (add 3 damage for each tier above 1).

Freeze. Crackling echoes from the mother lode as it exudes menace toward one creature in the mine. The target must succeed on a DC 13 Wisdom saving throw, or they are unable to move or take actions on their next turn.

Turn to Chardalyn. The chardalyn targets the character closest to the mother lode. If the target's body is made of flesh, the creature must make a DC 13 Constitution or Wisdom saving throw. On a successful save, they are unaffected. On a failed save, the creature is restrained as they feel their flesh harden. At the end of each turn, the creature may make another saving throw. On a successful save, they are no longer restrained and do not feel as if their flesh has hardened. On each fail, their skin looks and feels more like chardalyn. After three fails, they have the petrified condition for one minute.

Wrap Up

Bora and the remaining allied miners are grateful the mine is closed, offering one **spell scroll of produce flame** (Appendix 8). They vow to watch the site, keeping it closed (if unconvinced, Vy or Serval reopens the mine).

If the party redirected the vein but did not destroy the mother lode, someday the vein slithers beneath another settlement's homes, waiting to come into contact with the residents.

The community is no longer in contact with the chardalyn, but removing contact doesn't erase the trauma experienced. Recovery takes time, and some effects last longer than others. The Everlasting Rime crisis makes recovery that much more difficult. But everyone does their best to take care of themselves.

Rewards

At the **end of the session**, the characters receive rewards based upon their accomplishments.

Character Rewards

The characters earn the following rewards:

Advancement

A character participating in this adventure gains one level. Players must tick the box to show this reward has been claimed.

Optional: Declining Advancement

Each player can decline advancement if they so choose; this has its benefits. It is possible for a character to advance outside of an adventure's level range, meaning that they'd be unable to play an adventure as planned. Similarly, advancing too quickly means that a character won't earn as much gold as their peers.

Conversely, remind them that the amount of gold that their characters can earn per level is limited; characters declining advancement might reach a point where they no longer earn gold.

Gold

Award each character gold for each hour of the session. Adventures typically features cues for this, but you can add it where you see fit. The maximum gold that you can award a character per hour is determined by their tier, as follows:

Tier	Hourly GP Award	GP Limit per Level
1	20 gp	80 gp
2	30 gp	240 gp
3	200 gp	1,600 gp
4	750 gp	6,000 gp

Magic Item(s)

If found during the adventure, the characters can keep the following magic items; these items are described in <u>Appendix 9</u>:

- Boots of the Winterlands
- Enduring Spellbook
- Spell scroll of Produce Flame

For running this adventure, you earn a DM Reward. See the *Adventurers League Dungeon Master's Guide* for more information

Dramatis Personae

The following NPCs feature prominently in this adventure.

Ander (an-DUR). Ander is a 4-foot tall nonbinary half-elf with brown skin and long black hair. They're the 11-year-old kid of Bora and Caldera, and Jovial's sibling. They're the child from the Skald Hook.

- What They Want: The hallucinations their dad, Bora, experiences confuse and scare them. Naturally, they hold onto a lot of anxiety and are concerned about their father's safety.
- A List of Things I Love: My dads and sister. To draw faces on Dad's (Caldera) graded papers. To help Dad (Bora) beat his clothes clean in the river. To chase Jovial like an owlbear.

Bora (BOR-uh). Bora is an adult, 5-foot-7-inch sun elf man with dark-brown skin and short salt and pepper hair. Chardalyn is affecting Bora's senses, causing him to hallucinate.

- What They Want: He wants his family to be safe, his job to be secure, and to be trusted.
- **Frustration and Fear:** Once a farmer, now he's a miner (chardalyn). He worries about rainstorms and of hallucinations putting a strain on his family and their relationship.

<u>Caldera</u> (*kawl-DARE-uh*). Caldera is a 6-foot-1-inch tall human teacher with red-brown skin and black spiked hair. He's Bora's husband and father of Ander and Jovial.

- What They Want: Caldera worries the mine is causing Bora's hallucinations.
- **Being Supportive can Be Hard:** He knows Bora is too embarrassed and scared to go to a doctor. So he's giving him the time he needs. He questions if he's doing the right thing.

<u>Jovial</u> *(JOE-vee-uhl)*. Jovial is the half-elf toddler daughter of Bora and Caldera. The stress she and her family are going through has affected her confidence; she clings more closely to her dads and sibling.

- What They Want: Hugs. Berry jelly. Play.
- "Tangers!": Strangers are scary.

<u>Serval</u> (*SUR-vuhl*). Serval is a 2-foot-8-inch halfling woman with pink skin and bright blue hair. She works as a miner for Vy.

- What They Want: She loves studying the chardalyn vein at the mine. Also, she loves hearing about sightings of Drizzt Do'Urden.
- **But Why? How?:** This vein of chardalyn lengthening itself. And heals!

<u>Spiritis</u> (**SPEER-uh-tis**). Spiritis is a middle-aged, 6-foot-5-inches tall orc woman with pewter skin, a shaved head, and a tattoo of fishhooks up her right hand, arm, and leg.

- What They Want: She wishes she had the energy and interest she once had.
- Feeling Lost: She works plowing snow, clearing paths. Recently she lost motivation for work and her hobby of ice-fishing.

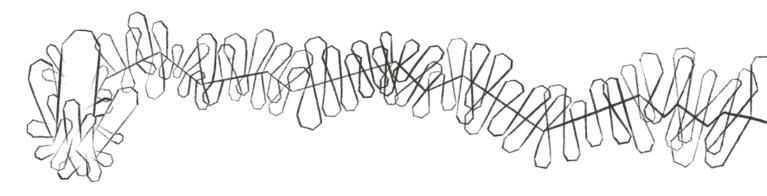
<u>Tharras</u> (*THAR-us*). Tharras is an older adult, 4-foot, tiefling woman with eggplant purple skin, tangled hair, and gold, blood-shot eyes.

- What They Want: She wants her claustrophobic nightmares (chardalyn) to end.
- Plenty and Not Enough: As a proficient forager and horticulturist, she's well-stocked with nuts, grains, and dried fruit. Her apple oatmeal is a community favorite. But without sleep, she's finding it hard to function.
- <u>Vy</u> **(VI).** Vy is a 5-foot-9-inch senior gith, fishing wizard, woman. She made an unauthorized claim on a chardalyn mine.
- What They Want: She hopes selling the chardalyn will get her through the Everlasting Rime and into later years.
- I Have a Plan: She has a buyer lined up and is waiting for an agreement on a meeting. She'll use the vein's ability to heal and grow as a way to redirect the vein to her property, where she'll make a legal claim and mine on dry land.

Appendix 1a: Chardalyn Effects Tables

Short-Term Stress Response

d100	Effect (lasts 1d10 minutes)
01-20	"Caught off guard, your character is frozen (paralyzed) until they take any damage."
21-30	"Your character is <u>incapacitated</u> by the strangeness of the situation, spending the duration screaming, weeping, or laughing out of nervousness."
31-40	"Your character's fight/flight/freeze response is to become <u>frightened</u> . Each round, use their action and movement to flee the source of their fear."
41–50	"Your character's mind freezes, making them unable to think of words or cast spells."
51-60	"Startled and acting on reflex, each round, use your character's action to attack the creature closest to them."
61-70	"Your character has disadvantage on ability checks as they vividly relive a memory of a similar situation."
71-75	"Your character is unsure how to respond in this situation. They do what anyone tells them to, as long as they won't get injured or otherwise harmed."
76-80	"So nervous in this situation, your character self-soothes. Examples might be biting their fingernails, chewing their hair or writing utensil, sucking their thumb, et cetera."
81-90	"So taken by the chaos around them, your character is stunned."
91–100	"So overwhelmed, your character's blood pressure drops, and they are <u>unconscious</u> ."



Appendix 1b: Chardalyn Effects Tables

Long-Term Stress Response

d100	Effect (lasts 1d10 × 10 hours)
01-10	"This event interferes in your character's brain communication, causing unwanted thoughts of fear, anger, control, et cetera. To address or prevent these thoughts, they feel compelled to repeat an activity (washing hands, touching things, praying, or counting coins). These thoughts and compulsions make daily activities difficult."
11-20	"The event affects your character's sensory input, causing them to hallucinate (hear, see, feel, smell, and/or taste). They have disadvantage on ability checks."
21-30	"So unsettled your character has a paranoia of others. Nervous around, suspicious, and distrustful of people, they have disadvantage on Wisdom and Charisma checks."
31-40	"So frightened by the situation, your character is repulsed (using the antipathy effect from <u>antipathy/sympathy</u> spell) by something relating to the cause of this effect."
41–45	"The event affects your character's nervous system, causing a persecutory delusion. Choose a potion; your character believes someone put them under its effects."
46-55	"Choose a security object or support person for your character. If separated from them by more than 30 feet, your character feels less confident or more tense and has disadvantage on attack rolls, ability checks, and saving throws."
56-65	Through an obstruction, overexposure, or injury, a sighted or hearing character is temporarily unable to see (25%) or hear (75%). Reference <u>blinded</u> or <u>deafened</u> .
66-75	"The event affects the brain's ability to signal muscles, making your character's hands shake. They have disadvantage on attack rolls, Strength and Dexterity saving throws, and all ability checks."
76-85	"The event blocks your character's memories of people known and all experiences before this event. They still know their racial traits, class features, and who they are."
86-90	"Overwhelmed and confused, when your character takes damage, they must make a DC 15 Wisdom saving throw. On a failed save, they are affected as though they failed a saving throw against the <i>confusion</i> spell. The <i>confusion</i> effect lasts for 1 minute."
91-95	"Your character is experiencing sensory overload and does not speak."
96-100	"Your character's blood pressure drops, and they fall unconscious."

Appendix 1c: Chardalyn Effects Tables

Indefinite Change

d100	Effect (lasts until <u>treated</u>)
01–15	"Activities I once enjoyed have become more difficult to do."
16-25	"My perspective is different now, and I want to make changes in my life."
26-30	"I used to be an extrovert (or introvert), but now I need more alone (or social) time."
31–35	"I'm having nightmares" and/or "I need more sleep than I used to."
36-45	"I have a harder time focusing and am more easily distracted."
46-50	"I so disliked feeling helpless that I want to do all I can to prevent it from happening to me and others, ever again. This isn't always as helpful as they or I'd like."
51-55	"I feel defiant like I want to fight back against everything I've been put through."
56-70	"I have less patience and am more irritable than I used to be."
71-80	"I realize who my true friends and family are and never again want to take them for granted."
81-85	"I'm always looking over my shoulder, constantly aware of my surroundings. It's exhausting but scarier if I don't."
86-95	"I do everything I can so I don't have to talk or think about what happened, even though I know I need to at some point."
96-100	"I didn't have control over what was done to me, but I do have control over how I treat myself and others. And I can do better."

Appendix 2: Pre-Game Information

Adventure Name. Shadows Under Ice (DDAL-POA-JGD-05)

Summary. Like shadows under ice, a dark secret threatens this town. Townsfolk act out of the norm for themselves, and you are no less vulnerable. But you can give them the help they request and face the truth beneath the ice.

Duration. 4 hours

Tier of Play. Tier 1, 2, or 3 (DM chooses one) *Pillars of Play.* Mainly social and exploration with light combat

Content warnings. helping people in mental health crisis—suicidal thoughts, isolation, claustrophobia, insomnia, depression, and hallucinations

Why is Mental Health in My Game?

- Mental health is a common experience
- It has been in our games and stories for ages
- This adventure was created to help you roleplay mental health in a respectful way
- It also includes tips on helping people in crisis so you can feel more comfortable and skilled when helping in real-life (Appendix 3)
- We all can portray mental health in our games in a caring, effective, and destigmatizing way

I Have Concerns

- Before the game, share your concerns privately or openly
- Make it safe for you and others to have this conversation
- Set the boundaries you want and need
- List topics you wish to avoid and the ones you hope to not hear lengthy details about
- Familiarize yourself with and follow the code of conduct (consider creating one as a group if one doesn't exist)
- Suggest favorite safety tools

Tips for Respectful Portrayals

- Know that, as you learn, mistakes will be made
- Be open to discussing and learning
- Remove hurtful, shaming, and vilifying words and phrases from your vocabulary ("madness," "crazy," "insane," "afflicted by," "suffering from," and the parenthetical words below)
- Avoid stereotypes of the "mad" villain, "deranged" criminal, comical "crackpot"
- Avoid portrayals that make the character "weird," "wrong," or a joke
- Research symptoms (correct terminology, causes, effects)
- Listen to or read publications about a person's experience and what helps them
- Be understanding of how our brains react and behave; it is normal
- Be specific in how you describe mental health effects (ask your DM about some of the ways this adventure describes the effects from the Dungeon Master's Guide's "Madness" tables)
- These tables suggest durations that do not reflect how long responses and effects may last in real life. But in-game, you can use these durations as an opportunity to repeatedly practice coping skills. Perhaps, for example, a frightened character might take that amount of time to give themself a pep talk or use square breathing (inhale counting to four, wait for four, exhale for four, wait for four)

Appendix 3: Helper Hook Handout

Icewind Dale is a dangerous place, so naturally, some residents navigate grief, trauma, physical disabilities, and mental health issues. In this adventure, you have opportunities to help.

Look over these tips now. This is what your character knows about helping. Since thoughts of self-harm, including suicide, may be present in a crisis, tips are included for them too. Assuredly, no NPCs here die from suicide or harm themselves, but this is a rare chance to practice checking in with people having these thoughts. We can gain more real-life confidence and destigmatize a common experience. However, if discussing self-harm and suicide is negatively affecting any player or the DM, talk and respect boundaries. These tips help you help others but they're not all-inclusive or a substitute for expert help and training.

How to Help

Ask What's Wrong

"How are you doing?"

"You seem distressed. What's going on?"

Show You're Listening

Focus on the emotions they talk about. Rephrase or repeat what they say, it is OK if they correct you.

Thank Them for Trusting You

"I appreciate you sharing so much with me."

Ask What Has Helped

Use open-ended (Who, What, When, Where, How) questions.

"What have you done in the past that helped?"

"Who can you talk to about this?"

"How do you relax or take your mind off things?"

Ask How You Can Help

Don't assume and don't give unsolicited options.

"How can we get you the help you need?"

"What is stopping you from getting help?"

Link Them to Help

"Here's the location of the cleric you asked for." If you need to research, ask if you can get back to them soon with their requested information.

Stay With Them

"You're not alone; I'm here as long as you want and as long as I'm able."

Check back later, "Do you still need help, or are you managing OK? I'm here for you, either way."

Self-Harm

Some crisis situations contribute to thoughts of selfharm, including suicide. If you get that sense or they make it clear, you can ask more questions. Asking doesn't give them ideas for harm but can show them they aren't alone. And help for people with thoughts of non-suicidal self-injury differs from help for thoughts of suicide. To get the help they want, it is crucial to ask directly.

Ask Directly

"When going through similar situations, it's common for us to think about drinking more alcohol or physically hurting ourselves. How often have you had thoughts like these?" And ask follow-up questions, "When was the last time you thought about suicide?" "What's making you feel like starving yourself?"

Acknowledge Pros and Cons

If they mention reasons for dying AND living, it's OK to acknowledge their coexistence.

They may not be able to list reasons to live (especially when dealing with loss, hopelessness, or fear). But if you hear clues in the conversation (like pets, loved ones, important hobbies), you can reflect on what you heard. "It sounds like ice-fishing is really important to you..."

Ask How

Find out how immediate the danger is.
"How would you harm yourself?"
If they say what they'll use, you can ask followup questions, "What would make it more difficult
to access your weapons?"

"Who would you trust to hold your poisons?"

Appendix 4: Tharras' Journal

Tharras has kept a dream journal for many years. Every night, for three ten-days, she's had multiple claustrophobic nightmares. The following are the ones that catch your attention most.

Twenty-Eight Days Ago

Even though there was an aurora, my dream was black, grey, and white. I reached past the ribbons of light to touch a star but tore the sky because it was made of paper. The whole sky and all the stars fell on me. I got tangled in paper and ribbon, and no matter how much I tore away, I was squeezed tighter and tighter.

Nineteen Days Ago

I watched shadows, fish swimming under the ice. Then I noticed I was holding my breath, even though I wasn't the one swimming. I tried to breathe but couldn't. I fell and shattered, scattered everywhere. I thought I'd never be put back together, but the wind swept me into a pile. I was me again but somewhere else. Still couldn't breathe.

Twelve Days Ago

Dreamed I was fishing with Spiritis. I sunk deeper and deeper into melting ice and couldn't get away. I was drowning in a dry cave.

Ten Days Ago

I couldn't see anything but knew I was in a small tunnel, somewhere near home. I kept belly-crawling, but everything was dark.

Nine Days Ago

Bora had a rock growing out of his head. He said it didn't hurt but that he didn't like the company. Then I fell into an ice hole.

Two Days Ago

I dreamed I hid under my pillow from a giant, but then the giant went to sleep on my pillow, and I was trapped under it, being crushed.

Appendix 5: Vy's Backup Spellbook Page In between Vy's spell pages are to-do lists and quick notes. One page gets your attention.			
vein runs roughly east. Mother more complicated			
Lode	-runs in one direction		
mining damage	-continues growing Crystals down the vein, vein lengthens! More crystals to Mine! -Serval Says we can redirect the vein		
new growth! heals itself?	To-Do Buyers		
	O Set meeting date		
	Redirect vein home Make claim on vein when on my property Reduce risk of flood		



Appendix 7: Reference and Resources

Suicide-related Terminology

Hollis Easter et al.

http://www.holliseaster.com/p/suicide-related-terminology/

Warning Signs for Suicide Risk

https://suicidology.org/resources/warning-signs/

Resources for Suicide Attempt Survivors

https://suicidology.org/resources/suicide-attempt-survivors/ https://livethroughthis.org/

Resources for Suicide Loss Survivors

https://suicidology.org/resources/suicide-loss-survivors/ https://afsp.org/ive-lost-someone

Resources for Non-Suicidal Self-Injury

http://sioutreach.org/

Crisis Hotlines

National Suicide Prevention Lifeline 1-800-273-8255

Crisis Text Line Text HOME to 741 741

The Trevor Project–for LGBTQ+ youth 1-866-488-7386

Trans Lifeline–Crisis line for and staffed by Trans people 877-565-8860

Appendix 8: Character Rewards

If found during the adventure, the characters can keep the following magic items; it's suggested that you print off enough copies of this page to be able to give one to each of your players (crossing out rewards they didn't receive during the session):

Boots of the Winterlands

Wondrous Item, uncommon (requires attunement)

These furred boots are snug and feel quite warm. While you wear them, you gain the following benefits:

- You have resistance to cold damage.
- You ignore difficult terrain created by ice or snow. You can tolerate temperatures as low as -50 degrees Fahrenheit without any additional protection. If you wear heavy clothes, you can tolerate temperatures as low as -100 degrees Fahrenheit.

This <u>item</u> is found in the *Dungeon Master's Guide*.

Enduring Spellbook

Wondrous Item, common

This spellbook, along with anything written on its pages, can't be damaged by fire or immersion in water. In addition, the spellbook doesn't deteriorate with age.

Vy's backup spellbook contains mine notes and spells; continual flame, control water, erupting earth (Elemental Evil Player's Companion), expeditious retreat, frost fingers (Icewind Dale: Rime of the Frostmaiden), move earth, stone shape.

This <u>item</u> is found in *Xanathar's Guide to Everything.*

Spell Scroll of Produce Flame

Scroll, common

A *spell scroll* bears the words of a single spell, written in a mystical cipher. If the spell is on your class's spell list, you can read the scroll and cast its spell without providing any material components. Otherwise, the scroll is unintelligible. Casting the spell by reading the scroll requires the spell's normal casting time. Once the spell is cast, the words on the scroll fade, and it crumbles to dust. If the casting is interrupted, the scroll is not lost.

If the spell is on your class's spell list but of a higher level than you can normally cast, you must make an ability check using your spellcasting ability to determine whether you cast it successfully. The DC equals 10 + the spell's level. On a failed check, the spell disappears from the scroll with no other effect.

<u>Produce flame</u> cantrip. Casting Time: 1 Action. Range/Area: Self. Duration: 10 minutes. School: Conjuration. Attack/Save: Ranged. Damage/Effect: Fire.

A flickering flame appears in your hand. The flame remains there for the duration and harms neither you nor your equipment. The flame sheds bright light in a 10-foot radius and dim light for an additional 10 feet. The spell ends if you dismiss it as an action or if you cast it again.

You can also attack with the flame, although doing so ends the spell. When you cast this spell, or as an action on a later turn, you can hurl the flame at a creature within 30 feet of you. Make a ranged spell attack. On a hit, the target takes 1d8 fire damage.

This spell's damage increases by 1d8 when you reach 5th level (2d8), 11th level (3d8), and 17th level (4d8).

This item is found in the Dungeon Master's Guide.

Appendix 9: Dungeon Master Tips

To DM an adventure, you **must** have 3 to 7 players—each with their own character within the adventure's level range (see Adventure Primer). Characters playing in a **hardcover** adventure may continue to play to but if they play a different hardcover adventure, they **can't return** to the first if outside its level range.

New to D&D Adventurers League? http://dnd.wizards.com/playevents/organized-play

Preparing the Adventure

Before you start play, consider the following:

- Read through the adventure, taking notes of anything you'd like to highlight or remind yourself of while running the adventure, such as a way you'd like to portray an NPC or a tactic you'd like to use in a combat. Familiar yourself with the adventure's appendices and handouts.
- Gather any resources you'd like to use to aid you in running this adventure—such as notecards, a DM screen, miniatures, and battlemaps.
- Ask the players to provide you with relevant character information, such as name, race, class, and level; passive Perception score, and anything the adventures specifies as notable (such as backgrounds, traits, flaws, etc.)

Players can play an adventure they previously played as a Player or Dungeon Master but may only play it once with a given character. Ensure each player has their character's adventure logsheet (if not, get one from the organizer) with their starting values for level, magic items, gold and downtime days. These are updated at the conclusion of the session. The adventure information and your information are added at the end of the adventure session—whether the completed the adventure or not.

Each player is responsible for maintaining an accurate logsheet. If you have time, you can do a quick scan of a player's character sheet to ensure that nothing looks out of order. If you see magic

items of very high rarities or strange arrays of ability scores, you can ask players to provide documentation for the irregularities. If they cannot, feel free to restrict item use or ask them to use a standard ability score array.

Point players to the D&D Adventurers League Players Guide for reference. If players wish to spend downtime days and it's the beginning of an adventure or part, they can declare their activity and spend the days now, or they can do so at the end of the adventure or part. Players should select their characters' spells and other daily options prior to the start of the adventure, unless the adventure specifies otherwise. Feel free to reread the adventure description to help give players hints about what they might face.

Adjusting This Adventure

To determine whether you should consider adjusting the adventure, add up the total levels of all the characters and divide the result by the number of characters (rounding .5 or greater up; .4 or less down). This is the group's average party level (APL). To approximate the **party strength** for the adventure, consult the table below.

Determining Party Strength

0 ,	
Party Composition Party	Strength
3-4 characters, APL less than	Very weak
3-4 characters, APL equivalent	Weak
3-4 characters, APL greater than	Average
5 characters, APL less than	Weak
5 characters, APL equivalent	Average
5 characters, APL greater than	Strong
6-7 characters, APL less than	Average
6-7 characters, APL equivalent	Strong
6-7 characters, APL greater than	Very strong



Our Story

Jasper's Game Day (JGD) was founded in 2017 by Fenway Jones after she lost two close school friends in ten months to suicide. JGD began as a one-time Dungeons & Dragons gaming event to raise money for teen suicide prevention. The response was incredible, that that first event was able to raise \$8,000 for suicide prevention! The purpose of JGD resonated with people from the tabletop roleplaying game (TTRPG) industry and the community at large, who threw their support behind JGD and helped us spread the word to help more people. What started as a one-time event has grown into a registered 501c3 nonprofit that is committed to our purpose of spreading suicide awareness and prevention. In 2020 we were able to provide \$120,000 to suicide awareness and prevention groups.

Our Purpose

Every year over 48,000 suicides occur in the United States, making it the 10th-leading cause of death. Suicide is the second-leading cause of death, among people ages 15 to 24. To phrase it another way roughly every 10 minutes someone passes away from suicide. Added to that is 1,208,600 people who attempt suicide every year. It is estimated that 1 out of every 61 Americans has been affected by suicide.

Jasper's Game Day's purpose is to trend these numbers downwards by:

- 1. Reducing the stigma of talking about mental health.
- 2. Raising awareness about suicide prevention through the TTRPG community.
- 3. Providing funding to local suicide prevention programs.

Our Mission

There are six primary ways that JGD achieves our purpose:

- 1. We host games and keep an informational booth at national gaming conventions.
- 2. JGD Ambassadors represent JGD in the streaming, podcast, and virtual communities. They actively fight the stigma against mental health challenges and raise awareness of the need for acceptance and accommodations for those with mental health challenges.
- 3. We facilitate and promote events for local gaming stores to raise donations for their local crisis centers.
- 4. Several times a year we host special charity auctions where people can bid for a seat at an online game with one of their favorite games masters.
- 5. JGD Partnership program allows organizations to help us promote suicide awareness and prevention with annual monetary and product donations in exchange for advertising on our social and printed media.
- 6. We receive monthly and one-time donations from our amazing community who support the work we do.

Donations

Jasper's Game Day is supported by the donations of our amazing community. This is a trust we take very seriously, and so we strive to keep our operating costs as low as possible. This allows us to give as much of our donations as possible to programs that are directly helping their communities. Here is the current breakdown of where donations go:

85% of all donations are distributed to these community organizations.

10% of all donations are kept to fund future JGD projects.

5% of all donations are used to cover administrative costs.

Contact

If you have more questions, please contact Aaron Jones, Director of Development, at aaron@jaspersgameday.com.

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