How to participate in the Seacoast Superhero Challenge

After donating to the Wentworth-Douglass Hospital Emergency Response Fund, we encourage the donor to participate in the Challenge. Here’s how!

1) Record a video of yourself in a superhero mask (or any superhero gear!) with the suggested script: “I feel like a superhero because I’m helping the real heroes at WDH by donating to the Emergency Response Fund! I donated because...X. And I challenge [3 names] to step up and donate!” Here is a sample video. Share the video on your social media and tag the friends you are challenging. If you want to challenge more than 3 people, feel free to tag them in your post.

2) Take a photo of yourself in a superhero mask. Share the photo on your social media and tag up to 3 friends to donate! Include the suggested message: “I feel like a superhero because I'm supporting the real heroes at WDH!”

3) Call, text or email 3 friends after you’ve donated to encourage them to contribute! Please include the below information on how to donate.

When sharing videos and photos on social media, participants are encouraged to add the official challenge hashtag #SeacoastSuperheroChallenge and tag Wentworth-Douglass Hospital. They can include the following information on how to donate: Donate online at https://www.wdhospital.org/wdhf/giving/donate-now or text SEACOASTHEROES to 41444 to support the WDH Emergency Response Fund today!

If you would like a superhero mask, let us know and the WDH Foundation would be happy to send one to you!

Additional hashtags that are encouraged include:
#WDHgives
#seacoastheroesunite
#HealthcareWithHeart
#strongertogether

Thank you for your support!