

TO
WRITE
LOVE
ON HER
ARMS*

Every number represents a life changed.

2024 TWLOHA IMPACT

This year has been filled with powerful moments where a conversation or a shared resource became someone's turning point and moved them from despair to hope. Every number we share represents a life changed—thanks to people like **you**.



HELPING PEOPLE STAY.

**We reached over 28 million people
with a message of hope + help.**

In a year when people are really struggling with their mental health, we created **over 4,790,000 moments** of meaningful connection on social media. That's **over 13,000 connections a day** where we are sharing encouragement—often at times just when it's needed—and getting people connected to the mental health resources they need and deserve.

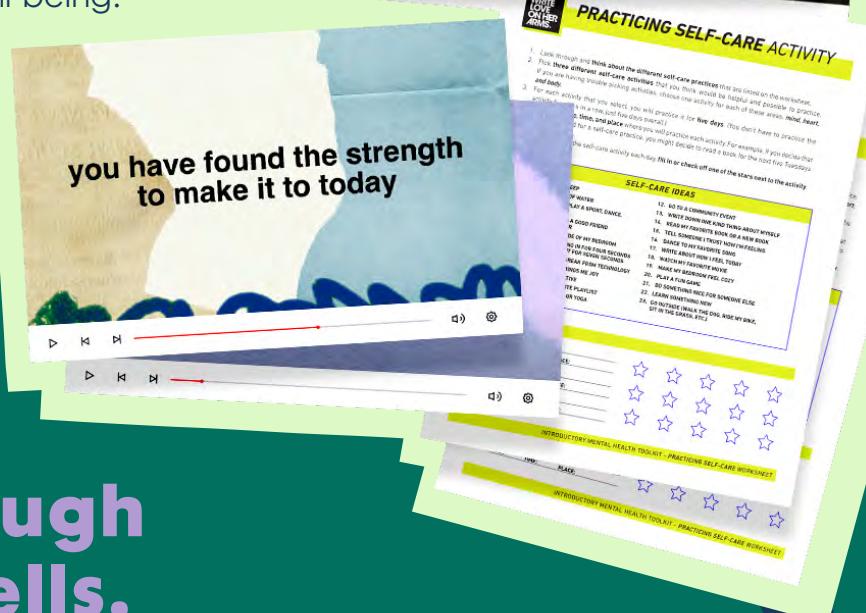
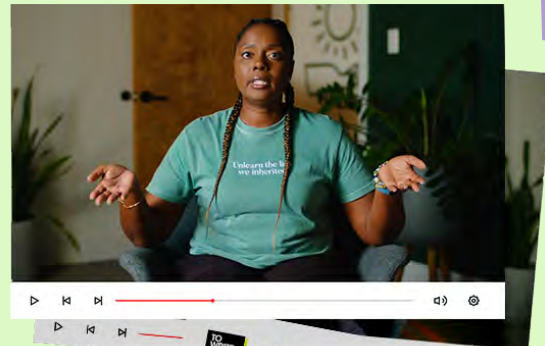
This organization has spoken love and compassion into me, and others like me, countless times over the years. I was made aware of you guys when I was in 10th grade (2010), and I was in an incredibly rough patch back then. Thank you for always consistently spreading messages of love and hope to people who desperately need it. You're such a light in this world. Never doubt the impact you make. – **Emily**

Hey. Just wanted to say I've been having a rough last few days with suicidal thoughts. I've watched your TikTok's today and they have helped me tremendously. Thanks for all you do for suicide prevention. – **Ty**

I discovered TWLOHA during high school, about ten years ago, and their message of hope and healing resonated with me in ways I can't fully express. – **John**

89,000 PEOPLE have used our **Mental Health Toolkit** since launching in May.

A resource that builds mental health resiliency through guided practices, worksheets, and more! This resource bridges the gap for those who can't access mental health care or are in the interim of their care making it easier to support, expand, and navigate their healing and mental well-being.



200,000 STUDENTS supported through **Between the Bells.**

Since 2019, our high school program has brought a mental health curriculum to **200,000 students in 300 schools across 43 states**—half being underserved Title 1 schools.



11,000 PEOPLE used our **FIND HELP Tool** to connect with a therapist or support group.

Our FIND HELP Tool makes getting mental health support more accessible and affordable. *Everyone deserves access to care.*



\$258,000 in therapy costs gifted.

Our healing in action: **4,086** hours of care, **\$258,000** in therapy costs covered, and **281** lives impacted. Our Treatment & Recovery Program is a lifeline for those who couldn't otherwise afford care.



80% OF TWLOHA-SUPPORTED CLIENTS feel capable of finding ways to achieve their goals, showing that access to therapy builds resilience and resourcefulness.



95% OF CLIENTS IN TWLOHA'S PROGRAM did not use emergency services or crisis lines last month, reflecting stability with TWLOHA's support.

8,300 PEOPLE walked away from the TWLOHA booth with **life-saving resources**.

We had meaningful interactions with **over 8,300 people at 20 different events** across the country. These face-to-face interactions are filled with honesty, compassion, and moments of needed connection.



RSVP: *Invitation & Response*

I came here alone,
but I feel so far
from alone.

xx-Sam

TO WRITE
OVER
OTHER

TO WRITE
LOVE
CALLER
SERIES + ELECTRIC
FOREST



IN 2024, WE REACHED OVER 28 MILLION PEOPLE

As we enter a new year, we need your support to reach even more people as they face their hardest moments—something they shouldn't have to do alone. This need is urgent because data from the CDC tells us that more than 50% of young adults today identify as struggling with their mental health **and that suicide is the second-leading cause of death for teens**. It's your generosity that helps us move people from a place of hopelessness to one of healing. Your donation will make better days a reality.



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