20 YEARS of HOPE & HELP

TO WRITE LOVE ON HER ARMS.

Real stories. Real people. Real healing.

For 20 years, we have believed in simple but powerful truths.

Your story is important.
We need you here.
People need other people.
Hope is defiant.
This is not the end of your story.

They've shaped who we are and the work we do.

What started as an attempt to help one friend has grown into a movement that has reached millions of people, connecting them with hope and help when they need it most. A movement powered by compassionate people, generous supporters, dedicated partners, and the courage of every individual who has reached out and asked for help.

Celebrating our 20th year has given us a chance to reflect on how far we've come and hold space for the lives changed along the way. It has also been a beautiful opportunity to think about what comes next and the ever-evolving hope that guides us forward.



TREATMENT & RECOVERY

The Help That Leads to Healing

Our Treatment & Recovery Program makes it possible for individuals to access mental health care they might not otherwise be able to receive or afford. Over two decades, we've invested $5.6 million in mental health care costs, continuing our commitment to meeting the urgent needs of our community and bridging gaps that exist for people needing support.

In 2026, we were able to cover *2.5x more hours* of mental health care than the year before.

13,667
HOURS OF MENTAL HEALTH SUPPORT FUNDED

$721,356
OF MENTAL HEALTH CARE COSTS COVERED

1,540
LIVES CHANGED

HERE'S HOW ↓

We expanded our Peer Support Program: Offering more groups throughout the week and adding new identity-focused groups for Veterans and First Responders, the Autism & Neurodivergent community, BIPOC communities, and young people. Safe spaces to be known and seen can be life-saving.

430 PEER SUPPORT GROUPS HOSTED
733+ ATTENDEES HEALING IN COMMUNITY

Continuing to make mental health care more affordable: Cost remains one of the biggest barriers to getting help. Through our scholarship fund, partnerships with telehealth services like BetterHelp, and our FIND HELP Tool, we're creating more ways for people to access affordable care. This year, our FIND HELP Tool fielded 14,000 searches from people seeking affordable counseling, crisis services, and even housing or transportation assistance.

8,562 HOURS OF DIRECT THERAPY COVERED
811 PEOPLE HEALING WITH PROFESSIONAL MENTAL HEALTH SUPPORT

"There's a kind of healing that happens when you're not being analyzed or monitored, just met as a full human... That kind of support didn't just change me—it gave me back parts of myself I didn't even know I'd lost."

– TWLOHA PEER SUPPORT GROUP ATTENDEE

"This organization saved my life. Nearly two years ago, I was struggling and couldn't see a way forward. Between the cost of therapy and rarely being able to leave my house, getting help felt impossible. Then I found TWLOHA's therapy scholarship...Today, I'm here for my son. For my husband. For my family and my clients. That's not something I could say with certainty back then."

– TWLOHA SCHOLARSHIP RECIPIENT

TWLOHA on the Road

Meeting People Where They Are

"I grew up in the 'scene community' and the original Warped Tour era, and for many of us, To Write Love on Her Arms wasn't just an organization—it was formative. It was the first time mental health, recovery, and survival were spoken about openly, honestly, and without shame. That impact has stayed with me into adulthood."

—TWLOHA SUPPORTER

We've been bringing TWLOHA on the road for a long time now, showing up as the most consistent voice for mental health at music festivals and live events for over two decades. And the response at our booth this year has been bigger than ever, with our on-the-ground impact tripling since 2024, reminding us just how much these spaces and face-to-face moments of connection still matter.

31,500
MILES TRAVELED

14,414
PEOPLE DIRECTLY CONNECTED TO LIFE-SAVING RESOURCES

3X *MORE*
ON-THE-GROUND IMPACT IN THE LAST 2 YEARS

A Conversation From Louder Than Life

Putting resources right into the hands of those needing support gives us the distinct ability to see this impact in real time. Sometimes this goes beyond a single moment, as familiar faces find their way to the TWLOHA booth year after year. This story came to us from a friend who we've seen at Louder Than Life three straight summers:

"Wednesday was hard, and heavy. It was the darkest things have felt in over a decade, and I was ready to end it all... But then I remembered that TWLOHA was gonna be at Louder Than Life, and I just had to make it until then."

We shared crisis lines, therapy resources, and watched in real time as he walked away and told his friend,

"I get to see this dude every year, and he cares every time!"

REACHING NEW COMMUNITIES

To Write Love: A Documentary on the Movement

BEST SHORT DOCUMENTARY
Ojai Film Festival
2026

We made a short film to honor the countless stories that have shaped this movement and introduce our work to new audiences. While telling the story of how it all started, the past opened a door to the present where lives are still being lived, conversations are evolving, and healing is becoming more within reach.

OFFICIAL SELECTION Orlando Film Festival 2026

OFFICIAL SELECTION Coronado Island Film Festival 2026

OFFICIAL SELECTION BRECK FILM FESTIVAL

OFFICIAL SELECTION Jersey Shore Film Festival 2026

OFFICIAL SELECTION The Melbourne Independent Filmmakers Festival 2026

OFFICIAL SELECTION TALLAHASSEE FILM FESTIVAL 2026

OFFICIAL SELECTION CHARLOTTE FILM FESTIVAL 2026

"So special and so powerful. This movement was revolutionary to start, and it continues to shape the mental health landscape for the better."

– DOCUMENTARY VIEWER

BEING A SAFE SPACE

Every day, someone reaches out to us online.

177 MILLION TIMES, PEOPLE RECEIVED A MESSAGE OF HOPE.

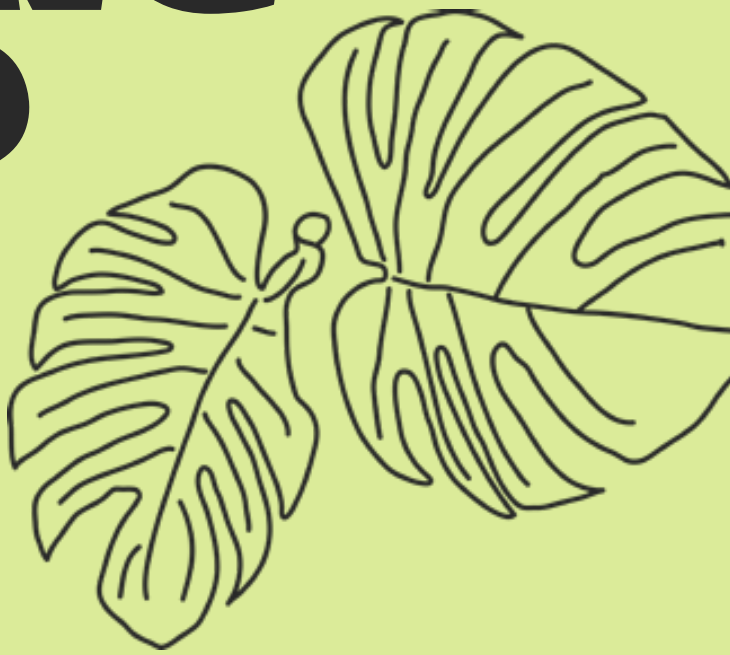
People are increasingly asking AI for help with their mental health. We think they deserve a real person on the other end. In our online communities, we show up. We answer and remind people they're not alone. This year, we created **over 5.4 million moments of meaningful connection,** and often, we're there to help someone through a crisis, ushering them to the next step in getting help.

Within that wide, daily reach of online connection, **31,000 people chose not only to bring change into their own lives but also into their communities**, made up of friends, family, and even co-workers, as they decided to raise funds, wear TWLOHA merch, or share crisis resources.

LOOKING AHEAD

What's Next For Us

There are numbers, but to us, there will always be names. Kylie, who fought to survive the first year of deep grief after losing her sister Lexi. David, who took a step to be more honest with his friends and reached out to find a therapist. And Roberto and his son Francisco, who got to talk more openly about the uncle he never met and how he still carries that pain with him. The hugs, the high-fives, and the moments of "I get it" remind us that we have the privilege of carrying these stories as we show up each day.



We never really imagined what reaching 20 years would look like. This started out as organically as something can: an attempt to help just one friend. It's a gift to keep looking forward. An honor to grow our programs to meet the needs that exist. And you always have an invitation to be a part of it.

A short impact report can't contain the countless stories we encounter every day, but we hope it gives you a sense of what we've made possible together this year. All of this, especially your presence, will help shape our movement in 2027. Partner with us by giving generously and connecting your network and community to this movement, making hope and help real.

Growth for us doesn't just mean *more* numbers;

it means *more lives changed.*

Your support makes these efforts a reality, not a distant dream or end goal. A generous donation turns hope into tangible help and creates real healing in the here and now.

Scan the QR code or visit twloha.com/donate.

TO WRITE LOVE ON HER ARMS.