

**TO  
WRITE  
LOVE  
ON HER  
ARMS\***

# Every Number Represents a Life *Changed*

2025  
TWLOHA  
Impact

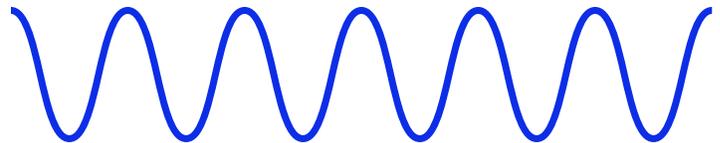
2025 has been a year marked by transformative moments. Every day, we saw people reaching out for help, choosing hope, and looking forward to tomorrow. Behind every number we report is a life changed, made possible by the support of individuals like you.

## Hope & Help in *Action*

In a year where millions of people were faced with the possibility of losing access to mental health care, we remained steadfast in our mission. We connected individuals to mental health resources, launched peer support groups, provided funding for therapy sessions, equipped folks with self-care tools, and delivered community education on suicide prevention.

*"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



*"I follow you on Instagram, and the way you offer real hope to people is significant. It has been a hard last few weeks, and your posts always calm my heart a little. The genuine concern you show for people, especially those in the comments who talk about their struggles, amazes me. You offer real hope. There's still good in this world. Thank you for what you do."*

TWLOHA SUPPORTER

*"Your scholarship has helped save my life. It has eased the financial burden of co-pays so I can focus more on my mental health and life."*

TWLOHA THERAPY SCHOLARSHIP RECIPIENT

# Cultivating A *Growing* System of Mental Health Support & Community Care.

Since 2006, both mental health care and the conversation around what real support looks like have evolved. We believe true care must take a holistic approach, and we've continued to build out our resources to meet people throughout their healing journeys.

## Bridging the Gap to Affordable Care:

	<p><b>THERAPY SCHOLARSHIPS</b></p> <p>Our Treatment &amp; Recovery Program offers hope &amp; healing to individuals who might not otherwise have access to care. In 2025 alone, <b>we were able to sponsor 4,671 hours of care impacting 481 lives and covering \$279,750 in therapy costs.</b></p>
	<p><b>PEER SUPPORT GROUPS</b></p> <p>In 2025, we launched Good Company Gatherings, both in-person and online Peer Support Groups—creating a space for people to connect, share, and heal in community through trained peer facilitators. Since its launch in May, <b>we have seen 220 people choose community and walk the road of healing together.</b></p>
	<p><b>FIND HELP TOOL</b></p> <p>For the past five years, we've continued expanding our Find Help Tool—a resource that connects people to free or reduced-cost mental health care across the country with just a zip code. This year alone, <b>through 17,460 searches, the tool helped more than 9,600 people find the support they needed.</b></p>

## Peer Support Makes a *Difference!*

### OUR PEER SUPPORT GROUP ATTENDEES:

- **78.5%** report improved overall mental health.
- **88.5%** feel less alone.
- **72%** say their support system grew.
- **79.5%** report decreased intensity or frequency of suicidal thoughts.
- **96.1%** would recommend the space to others.

*"In peer support, no one tried to fix me. No one questioned my reality. I was met with honesty, care, and solidarity. That experience did something the clinical world never could: it gave me back my voice. It helped me begin to trust again—not just others, but myself."*

**PEER SUPPORT GROUP ATTENDEE**

# Self-Care & Mental Health Resiliency Tools:

	<b>MENTAL HEALTH TOOLKIT</b> This free resource provides guided coping skills, grounding practices, and self-care worksheets—offering meaningful support for those seeking ways to care for their mental health. <b>In 2025 alone, the page had over 111,000 visits, and worksheets from the toolkit were downloaded 25,407 times.</b>
	<b>THE HOPEFUL APP</b> A free self-care app offering daily affirmations, journal prompts, and mood tracking—designed to help people explore their feelings and gain a deeper understanding of themselves. <b>We have over 30,000 app users.</b>
	<b>DISCONNECT TO RECONNECT</b> In May, we launched a 14-day challenge inviting people to step away from social media and move toward presence, intention, and care. Participants received daily encouragement, coping tools, and local mental health resources delivered straight to their inbox or phone. <b>More than 2,400 people joined the challenge</b> , ranging in age from 15 to 69. Post-challenge survey results showed improvements across all mental health indicators, including decreases in sadness and loneliness.

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## Showing Up Through *Community Care*:



**4,748,832 Moments** of meaningful connection online, reminding our community they're not alone while reaching over **111,000,000 people**.

Every day, we support those in a moment of crisis by giving them access to the help they need and deserve.



**47,000 Miles** traveled to connect with people in person at over **36 events** & festivals across the globe, where **11,000 people** walked away from a TWLOHA booth with life-saving resources.



**34,279 Students** reached in 2025 through our Between the Bells program, engaging in authentic conversations about mental health & educating students on how to reach out for help.

# Real *Hope* Starts With Real *Help*.

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To Write Love on Her Arms has been a movement—a safe space and a source of hope for millions of people around the world for almost two decades.

We've been building bridges to connect people to the help they deserve. But access to mental health care remains one of the greatest unmet needs in the United States. Too many people want help but can't afford it.

As TWLOHA turns 20, we're inviting our community to join us in our boldest goal yet: **funding 20,000 hours of mental health care in 2026.**

Each hour represents real, tangible access to mental health support through our Treatment & Recovery Program that includes:

- **TREATMENT & RECOVERY FINANCIAL ASSISTANCE** – Directly funds therapy for individuals who can't afford it.
- **PEER SUPPORT GROUPS** – Free, community-based spaces that reduce isolation and build connection.
- **FIND HELP TOOL** – A nationwide, searchable database that connects people to free or low-cost local resources.

Meeting this need—as a community—happens one hour at a time. Donate now to turn hope into healing.

20 years of *hope*.  
20,000 hours of *help*.