



# The LETTER

December 2021

Connect with us!



Click [here](#) to visit our website!

## News

We officially reached our 2021 Fundraising Goal of \$20,000 on December 26!  
THANK YOU!!!!

We are nearing the end of our Stamp Drive! Our goal is 1000 Stamps.

So far we have 643 stamps!

Anyone who donates a stamp will be entered into a drawing to win a LAD T-SHIRT! You can drop stamps in the mail or have them shipped directly to us from USPS!  
All donations are tax deductible.

## Monthly Recap: November 2021

- Letters Sent: 633
- Cards Sent: 154
- New Volunteers: 364
- Active Volunteers: 170

### Featured Feedback

- "Such a wonderful service. It saved my life when I was at my darkest place. Receiving letters from kind hearted people really gave me something to fight for. I get them out every now and then and just read them and let the words sink in. Thank you so much for this amazing thing."
- "I really just wanted to say how grateful I am that something like LAD exists. It is such a beautiful thing when real people are able to connect with one another from all over the place spreading kindness and support. It is the kind of thing that just restores my faith in humanity."

### Volunteer Appreciation Winners

– Most Volunteer Hours –

**Kimberly Long (43)**

– Random Letter Writer Winner –

**Rachel Weldon**

– Social Media Challenge Winner –

Angela Greenfield

*Congratulations!! Remember to claim your prize!  
We appreciate all your letters and cards.*

## Spotlight

### Volunteer of the Month

**Mirsad Kurtovic,  
Ontario, Canada**

Hello everyone, my name is Mirsad. I've been with LAD as both a volunteer and one of the committee members for our fundraising initiatives for 13 months. I originally wanted to volunteer to say that I had volunteered, but I remember searching for something more. I came across this through a search engine and that's what began my journey. It became more about helping others than it was to just be volunteering. I appreciate everyone and sympathize with everyone. Always great to hear the feedback from our peers and most importantly this team. If you're reading this and need anything, both myself and LAD are one click away. Always here for you <3 <3

As for hobbies – Does being Canadian count (eh)? I like the gym and swimming and as I've gotten older, spending time with my wife and my family has become my priority. I have been fortunate enough to also get closer to God more recently, and couldn't be happier. Grateful to be here and grateful to have an opportunity to be better. I will throw in that I am a tv show / movie series binge watcher and have been my whole life. If you know any good films / shows, send 'em my way.



***Mirsad and his wife winning last years Halloween Costume Contest!***

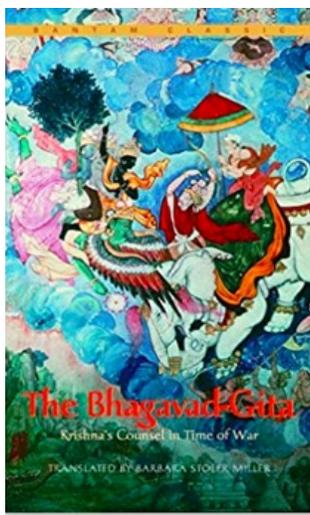
*Want to be a featured volunteer in one of our upcoming newsletters? We love to recognize the wonderful individuals that help make us a successful organization.*

*Send an email to  
[LADInnovationComm@gmail.com](mailto:LADInnovationComm@gmail.com)  
if you are interested!*

## Media Corner

Let us know what you are reading, watching, listening to, creating, or otherwise consuming and wish to share. We might feature your recommendation in an upcoming newsletter!

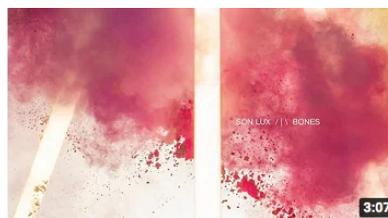
**Suggestions welcome at [LADInnovationComm@gmail.com](mailto:LADInnovationComm@gmail.com)**



### The Bhagavad-Gita

The Gita is an ancient Hindu text that can be boiled down to the earliest recorded interaction between a therapist and a patient. The narrative style story consists of a dialogue between a warrior prince and Krishna on what constitutes right action, and the battle described in the Gita can be considered as an allegory for human life.

Rob Says: "This text has been a huge influence in my mental health journey, and one that I will pick up and read during any down time that I have."



### Change is Everything by Son Lux

Rob Says: This song was featured as part of Travis Walls show "After the Curtain" and always elicits strong feelings within me.

### Grant Helpers Needed!

LAD is looking for a few volunteers to assist with grants! Our Fundraising team has resources that will make the process easy (and even fun!) There's so many ways to help, including:

- Searching for potential grants
- Tracking potential grant deadlines and submissions
- Completing applications

If this sounds interesting to you, please send an email to [fundraising@lettersagainst.org](mailto:fundraising@lettersagainst.org) and our Fundraising Chair will contact you with additional information.

This is a great opportunity to build your resume and help LAD in a big way. Thank you for your interest!

### THE RESULTS ARE IN!

*Last month, you told us...*

How We Can Help	Votes	Percentage
Mentoring/ Buddy System	17	20.2
Self Care Tips	14	16.7
Virtual Meet Ups	12	14.3
LAD Activities	12	14.3
Other	10	12
Venting Nights	7	8.3
Social Media Shout Outs	6	7.1
Social Media Contests	6	7.1
<b>Total</b>	<b>84</b>	<b>100</b>

A total of 84 of you participated in last month's poll! Thank you to everyone who let us know how we could best help you through the holiday season.

We unfortunately couldn't roll out a buddy system in time for the holiday season, but look out in 2022!

We host several virtual meet ups a month, all listed on the calendar. Social Media is open and rocking. Hit us up.

We host several virtual

## Monthly Survey

What changes would you like to see in LAD's monthly newsletter?

More Media  
Suggestions

Select

Less Media  
Suggestions

Select

More Volunteer Spotlights

Select

More Polls

Select

More Updates about  
LAD

Select

More Concrete Ways to be  
Involved

Select

More photos

Select

More Engagement Activity  
Updates

Select

Less Newsletter: keep it short and sweet. We don't have all  
day.

Select

Other: Email [LADInnovationComm@gmail.com](mailto:LADInnovationComm@gmail.com) to let us know! And I mean it!  
EMAIL ME

Select

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### Up Next

Letters Against Depression is going to steamroll 2022!

#### On our Calendar

- Weekly Blog posts Monday! Accepting Writers Now. Please [sign up here!](#) (if the link doesn't work, please email [ladinnovationcomm@gmail.com](mailto:ladinnovationcomm@gmail.com))
- **January 10th** – Year in Review Fundraising Meeting 7:30 pm EST
- **January 10th** – Dear Evan Hanson Movie Night 9pm EST

- **January 20th** – New Volunteer Orientation 7:30pm EST
- **January 20th** – Creating Hope Event 8pm EST
- **February 10th** – Inside Out Movie Night 8:30pm EST
- New Fundraising Activities – join us at our Monthly Meeting!
- New Groups (Mentoring, Venting, Book, etc) Based on Interest
- Social Media Growth – please follow us and engage with our posts!
- Innovation and Engagement Activities for Volunteers

At LAD, we hand-write letters of Hope and Support to people all over the world battling depression and other mental illnesses, spreading the message that *'You are not alone, and that You matter!'*

Letters Against Depression Classic T-Shirt



Wear the message every day! Stop by our merchandise page to order some cool LAD apparel! Buy a mug for a holiday gift!



Or click our donate button to help us further our mission! Every little bit helps, especially with stamp prices increases.

**Donate Today**