

The Letter Project

Objectives:

1. To develop empathy for the personal experiences of real women, across the life span, who are struggling with various types of mental health issues.
2. To provide service to a community.
3. To demonstrate written, interpersonal, and therapeutic communication skills.

Directions to Students

1. Sign up to be a letter writer for The Letter Project, at <https://www.toloveourselves.com/what-is-the-letter-project/>. Click “Be a Letter Writer,” and complete the registration.
2. Once you are registered, click on the Writers Portal and View Open Letter Requests. Use the password: theletterproject
3. Choose a recipient for your letter. Copy and Paste the Letter Request onto a word document. After you have done this step, click “Sign up to write to..” located below the Letter Request. Letters must be written within one week of signing up to write.
4. Write your letter, following the guidelines on the Letter Template for the specific age group of your recipient. Letter Templates are located on the Writers Portal. **These guidelines are extremely important for an effective letter.** Keep in mind you are not expected to be an artist or a therapist, and you are not expected to share your own struggles. However, we will expect more than “Hey girl, you are amazing!” No identifying information should be shared, and you will sign only your first name, and city.
5. Submit a copy as indicated by your instructor along with the Letter Request for each letter. Keep in mind, the letters must be handwritten, so you will need to submit a hard copy, a picture, or scanned copy of the letter. Be assured that any personal information you choose to include in your letter will be kept confidential.

It is up to you to mail your letter. We hope you will! If you find this activity worthwhile, we encourage you to continue to participate in the project!