



MDRT Bolsters Mental Health Awareness with Letters to Strangers

The MDRT Foundation Partners with 501(c)(3) Letters to Strangers to provide mental health support to young people.

Park Ridge, IL (June 26, 2024) – As awareness and understanding of mental health becomes increasingly essential, the [MDRT Foundation](#) – the charitable arm of the Premier Association of Financial Professionals® – is partnering with [Letters to Strangers](#) (L2S) to help make a difference in future generations.

MDRT welcomed Diana Chao, founder and executive director of Letters to Strangers at this year's 2024 Annual Meeting, where she spoke about the importance of mental health care. MDRT members were given the opportunity to support the L2S mission by donating to the cause, reaching a total of \$240,000 donated to the organization. MDRT members also participated in a service project packing supplies for workshops to be facilitated in 11 countries. The supplies included materials for 500 youth to participate in various activities including mental health guidebooks, notebooks for journaling and art supplies.

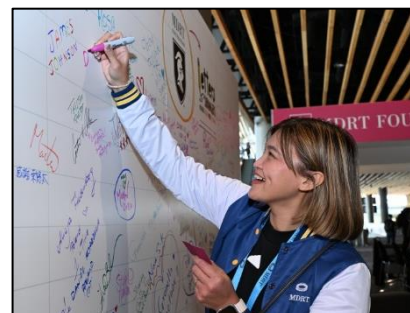


MDRT Foundation President Andrew Lord and Letters to Strangers founder Diana Chao hold a donation check.

“As someone who lives with bipolar disorder, I’ve learned firsthand the importance of resilience and seeking help when faced with mental health challenges,” said Chao. “I’m grateful that MDRT recognizes the value of our programs and I’m looking forward to seeing this partnership fuel our mission by helping future generations succeed.”

The relentless demand of academics, work, social media and other stressors cause increased concern for mental illness and the overall wellbeing of young people. Chao, who has bipolar disorder and c-PTSD, took solace in writing during her youth and was inspired to start the organization during her sophomore year of high school. Since 2013, Letters to Strangers has impacted over 500,000 young people, including 45,000 attendees at 400+ workshops in six continents, making it the largest global youth-run nonprofit organization dedicated to destigmatizing mental illness and providing young people with access to treatment. By partnering with schools and mental health organizations, L2S creates club chapters where members write letters, create course materials and support policy-based advocacy.

“One of the most important steps we can take towards nurturing a healthy society is prioritizing mental health and ensuring accessible resources for all, including our youth,” said Andrew Lord, president, MDRT Foundation. “It’s more than just offering a helping hand; it’s about recognizing the value of each person’s mental well-being while creating a world where these resources are readily available.”



MDRT member signing her name along with some encouragements on the L2S board after donating.

About the MDRT Foundation

As the 501(c)(3) charitable arm of the Million Dollar Round Table (MDRT), the MDRT Foundation reflects the caring spirit of its global membership. Since 1959, the MDRT Foundation has been led by a committed group of MDRT volunteers. Through their dedication and generosity, over 42 million USD has been invested in charities in 70+ countries and territories. In 2023, the MDRT Foundation invested nearly 1.8 million USD in a diverse range of charities.

About Letters to Strangers

Letters to Strangers is a nonprofit organization dedicated to promoting mental health awareness and advocacy. Founded on the belief that everyone's story matters, it strives to create a supportive community where individuals can share their experiences, struggles, and triumphs without fear of judgment. Through letter-writing campaigns, workshops, and educational initiatives, it aims to break the stigma surrounding mental health and foster empathy and understanding. Letters to Strangers impacts over 45,000 people directly every year. Its mission statement is to make mental health personal.

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