

LETTERS AGAINST DEPRESSION

SNHU GLOBAL DAYS OF SERVICE 2024

The First Step:

Creating an account with Letters Against Depression

Create an account with this URL:

<https://lettersagainst.knack.com/lad#volunteer-portal/>

You will be automatically be approved for an account to volunteer and should receive an email in 5 minutes or less. Make sure to check spam!

How to Write a Letter

To begin writing a letter, login to your account and go to the side bar section and select “**Initial Portal.**” There, you will see instructions on how to select your letter recipient and the requirements for writing your letter. When writing a letter to a recipient for the first time, you must write two full pages. All letters must be hand-written on lined paper. Letters cannot be electronically written.

Sending a “Hug”

To begin sending a hug, login to your account and go to the side bar section and select “**Hugs.**” There, you will see instructions on how to send a “hug”/ what a hug is. Letters Against Depression states that “decorated index cards, crocheted hearts, birthday/celebration cards, decorated envelopes, personalized bookmarks, and stamp donations” are examples of “Hugs.

Where Do I Send My Letter?

You will send your letter to:

Letters Against Depression

3211 Vineland Rd. #320

Kissimmee, FL 34746

Put your recipient's **LAD #** visible on the front of the envelope. You will see your letter recipient's **LAD #** once you have selected a person to send a letter to from the **Initial Portal**.

Still Have Questions?

Project Leader/Contact

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