

NEWSLETTER

"Small Steps, Big Hearts"



Key Points
 Hope Newsletter
 Hotline News
 Our plans
 New group

Upcoming Dates
 Charity Fair Danang
 5, 6, and 7 December

Birthdays
 27/11
 Mai Bao Tram

Dear HOPE Volunteers,

We're excited to introduce the very first edition of our HOPE Newsletter! This monthly newsletter will be your way to stay connected, updated, and inspired by everything happening within our HOPE community.

Our newsletter is created by Tram, who will share monthly updates about our activities, upcoming events, and the wonderful progress we're making together. It's our way to celebrate your contributions and keep everyone informed about the positive changes we're achieving.

We also want this newsletter to be yours. If you would like to contribute an article, share a story, or get involved in creating the next edition, we would love to hear from you!



Simply send an email to hyvongsong.vn@gmail.com.

Thank you all for your support, kindness, and dedication. Together, we bring hope to life, one step at a time. ❤️

**Warm regards -
 The HOPE Team**

New Hotline Number

We're thrilled to share that we are currently reaching out to the CEO of FPT, aiming for an 8-digit support for our Hope initiative! Merijn will hopefully have a meeting very soon, and we are keeping our fingers crossed for some amazing news.

We promise to keep you all updated as things progress. Let's stay hopeful and excited—next month could bring a major milestone for all of us!





A volunteer in the spotlight

My name is Trâm, I'm 27 years old, turning 28 this month :)). I'm from Đà Lạt, and have been living in Đà Nẵng for 2 years now. I live with my cat, he is my boss, and currently, he's looking for a girlfriend :').

I studied psychology and I'm ready for my MSc. I'm really passionate about mental health and community work. I love to "phượt" or ride in general; also, walking with music on is good for me.

Why am I involved with HOPE? Oh, it started with my internship, but when it finished and I got the signature from Mr. Merijn, I decided to join HOPE officially because I love being around kind, compassionate people — and HOPE has that. Every time we work together, it reminds me that empathy really can change the world, even if it's one conversation at a time.

For my long-term plan, I want to keep growing both personally and professionally, especially in the field of mental health and leadership. For HOPE, I hope we can continue to build a strong, supportive community where more people feel safe to reach out and be heard.

Suicide prevention in Vietnam

Current Situation

- According to the World Health Organization (WHO), Vietnam's suicide rate in 2019 was about 7.5 deaths per 100,000 people.
- Reports estimate that 36,000 to 40,000 people die by suicide every year in Vietnam.
- A national survey among high school students (ages 13–18) showed that more than 15% had considered suicide.
- About 75% of suicides occur among people aged 20–59, the main working population.
- Men are more likely to die by suicide than women — roughly 7.9 vs. 3.5 per 100,000 people.



Suicide remains a serious mental health issue in Vietnam. Although the national rate is lower than in some neighboring countries, growing stress, economic pressure, and lack of mental health support make prevention increasingly urgent.

Main Causes and Risk Factors

Several overlapping factors contribute to the risk of suicide in Vietnam:

- Depression, anxiety, and mental disorders – around 2.4% of Vietnamese people live with depression.
- Academic pressure – many students feel lonely, stressed, and overwhelmed by school expectations.
- Workplace stress – long hours, low wages, and harsh working conditions can lead to hopelessness.
- Economic and social inequality – people in poorer or rural areas have higher risk levels.
- Limited access to mental health care – Vietnam's mental health services remain underdeveloped, especially outside big cities.

Prevention and Support Strategies

To reduce suicide rates, Vietnam needs a combined approach that includes individuals, families, schools, and government policies:

- Increase awareness about mental health and reduce the stigma around depression and therapy.
- Expand access to psychological support — hotlines, school counselors, and local mental health centers.
- Support high-risk groups such as teenagers, workers under stress, and people in low-income areas.

News From the groups

Team Hotline

- We're looking for an 8-digit number for the Hotline team.
- Hotline leader started training volunteers to be ready to take calls and respond to texts.

Team Social

- The Social team is very dynamic. The team leader already has a long-term plan for the team, for example, not only focusing on a single post, but also thinking about the content and layout for the entire website in the future
- In addition, she also has ideas for charity or fundraising events to support people in areas affected by storms and floods

Team Volunteer

- They are planning to recruit a new Education team, whose members will directly train the next generations of volunteers, as well as prepare internal theoretical materials and explain them during events when needed
- With the goal of creating an open community for HOPE staff, they coordinate team-building activities to strengthen the team, which in turn helps support the Donation team in connecting with businesses and schools.

Team Video

Planing:

- Produce short, accessible videos on mental health, suicide prevention, real-life stories, and inspirational messages.
- Create internal training and instructional videos for new volunteers (for example: active listening skills, supporting people in need).

Team Donation

Preparation Stage:

- Prepare presentation slides and all necessary letters (content and design).
- Send emails with donation receipts and fund usage updates.
- Create a list of potential sponsors (name, email, contact number, notes).
- Create a list of donors.
- Assign responsibilities.

Team Education

Upcoming



Our first event in Danang!!

Hope has been invited to join this year's Christmas Charity Fair, a 3-day event full of festive spirit, taking place on December 5, 6, and 7, from 9:00 AM to 9:00 PM each day.

Last year, the fair attracted around 25,000 visitors, and this year the organizers expect over 30,000 people to attend! It's a fantastic opportunity for us to share our mission, promote Hope, and raise awareness — while also selling some small items to support our cause.

The best part? We've been offered a free hut (3x3 meters), fully equipped with electricity and everything we need.

We're now looking for volunteers to join us at the event. If you'd like to help represent Hope at the fair, even for a day, we'd love to have you with us! We can arrange a place to stay, including a good breakfast and dinner.

It would be amazing to have 2 or 3 people (or more 😊) join this meaningful and joyful experience. If you're interested, please get in touch, let's make this Christmas season one full of warmth, connection, and Hope!

Our Progress

	November	December	January	Total
Hotline Calls	0			0
Messages	1			1
New Volunteers	20			20
New Donators	0			0
Website Visits	45			45
Facebook Followers	201			201
Events	1			1