

# NEWSLETTER

JANUARY  
2026

*Support we all may need!*



## Key Points

- New Sponsor Onboarded
- Welcoming 17 New Members
- Webshop Launched as a New Income Stream
- HOPE Handbook Distributed to Schools

## Upcoming Dates

- Psychological Test Sales Fundraising Event
- HOPE Donation Boxes Sent Nationwide

## HOPE Officially Listed on Therapy Route

HOPE is now officially listed on Therapy Route, an international platform connecting mental health services with communities worldwide. This milestone reflects our ongoing commitment to providing safe, ethical, and professional mental health support, while expanding HOPE's reach to those who need help beyond borders.

## HOPE Donation Boxes Sent Nationwide

HOPE's Donation Team is actively seeking and connecting with suitable locations nationwide to place donation boxes. Each donation box serves not only as a point for receiving contributions, but also as a way to spread the spirit of giving, help more people learn about HOPE, and encourage the community to come together in support of mental health. Through this network, we hope to reach and support even more people on our journey ahead.

## New Sponsor

Our HOPE organisation has a new sponsor: THT Company Consulting and Auditing. We are very happy to share that, from now on, THT will take over our tax expenses.

Over the past year, we have paid around 3 million VND each quarter. Thanks to this sponsorship, we can now save this amount and direct more of our resources toward our work.

We sincerely thank THT Company Consulting and Auditing for their support and partnership.

**HOPE**



## A volunteer in the spotlight

My name is Hậu, and I hold a bachelor's degree in Social Work. I joined HOPE from its very early days, driven by a strong desire to support people facing mental health challenges. From a small volunteer team with a simple structure, HOPE has gradually grown through the dedication and shared efforts of everyone involved. Today, I am proud that HOPE has become a place where many young people with the same values come together to support more clients and reach more lives. We are not only building a project, but also growing together and I believe HOPE will continue to develop sustainably and spread positive values in the future.

## Good News Update      New Group is coming



### Launching Our Psychological Test Fundraising Event

We are preparing to launch an upcoming event offering psychological assessment tests, carefully developed and selected to support screening, evaluation, and a deeper understanding of mental health. This initiative represents a next step in expanding fundraising resources for HOPE.

### Our Webshop Is Live

We are excited to announce the launch of our webshop as a new income stream. This marks an important step toward strengthening our long-term sustainability. Through the webshop, we aim not only to diversify our financial resources but also to create an opportunity for the community to support and engage with our mission. This milestone helps build a stronger foundation for us to continue growing and expanding our positive impact in the future.

We are also building something new at HOPE: an expat community group.

Even if many expats cannot directly support our hotline, we have seen a strong willingness from the international community to support HOPE and contribute to helping Vietnam. This group will create a clear way for expats to get involved through activities that match their strengths and availability.

What this group can do includes sharing accurate information about HOPE within the expat community in Vietnam, helping us connect with new sponsors, and supporting outreach at community events and markets that are often organised by expats, such as Christmas markets.

This is a big step forward for HOPE. It reflects what we stand for: everyone is welcome, and everyone can play a meaningful role in our mission.



# News From the groups

## Team Hotline

**Leader:** Nguyen Thi Hau

- Welcoming 7 new members to the hotline team, strengthening our capacity to provide timely support
- A significant increase in incoming messages, reflecting growing trust and engagement with HOPE's Facebook page
- Ongoing efforts to standardize the handling of complex cases through structured professional training sessions
- Continued focus on internal coordination to ensure safe, consistent, and responsive support for those in need

## Team Social

**Leader:** Tran Lam Anh Thu

- Developed standardized post templates to create a professional and consistent visual identity across HOPE's Facebook pages
- Officially launched HOPE's TikTok and Instagram accounts, expanding our digital presence
- Currently working on synchronizing daily posting schedules across HOPE and affiliated psychology-focused community groups

## Team HR

**Leader:** Nguyen Van Anh

- The HR team has done an excellent job reviewing new volunteer applications and assigning them to appropriate teams
- In addition, an expat team has been formed with a strong interest in supporting HOPE
- The HR team has developed essential company documentation to support organizational operations

## Team Education

**Leader:** Han Tran

- Strengthening collaboration with other teams to ensure educational content is accurate, accessible, and aligned with HOPE's core values
- Successfully completed handbooks for different educational levels and currently distributing them to schools
- Actively working on developing NGO's proposals for Hope

## Team Donation

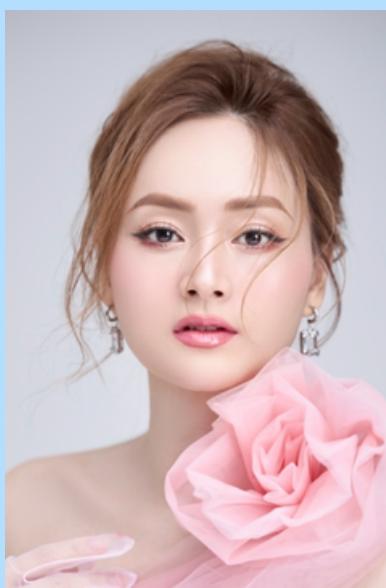
**Leader:**

- Welcoming Linh Chi as a new probationary team leader for the Donation team
- The team is currently revising and developing partnership proposals for schools and businesses
- We are pleased to welcome a new sponsor, THT Auditing, specializing in auditing, tax consulting, and accounting services

## Team IT

**Leader:** Duc Anh

- Completed 90% of the webshop development and 90% of the HOPE website updates
- Currently in the process of recruiting new members who are a better fit for the team



**Merijn is still talking with Lan Phuong. She might be in the near future involved with Hope**

## Website update + Share the word

We are working hard. Every day, HOPE is making new progress. One clear example is our website. It is ready to be shared with people in need, with sponsors, and with people from abroad. Thanks to all the hard work this month.

We are ready to expand. Being involved with HOPE is something special. Almost everyone around us, from farmers to celebrities, from Africa to Australia, has been affected by suicide in some way, directly or indirectly. Suicide touches every layer of society, everywhere in the world. That is exactly why we must keep spreading our message.

I want to ask all of you to keep sharing our name. Please also consider taking a small risk by reaching out to well known people who could make a big difference. In the end, movie stars, celebrities, and government leaders are also just people. They have emotions, and many have good intentions. When you contact them, you can simply ask whether they would like to be involved with our organisation, or if they would be willing to promote HOPE by sharing information about us.

There is a Dutch saying: if you keep shaking the tree long enough, sooner or later an apple will fall. In other words, keep trying. Sooner or later, something good will come from it.

## Our Progress

	November	December	January	Total
Hotline Calls	0	31	0	31
Messages	1	12	35	48
New Volunteers	20	27	17	33
Sponsors	1	0	1	2
Website Visits	45	292	401	738
Facebook Followers	201	27	44	228
Events	1	2	1	4