

A Crisis of Belonging

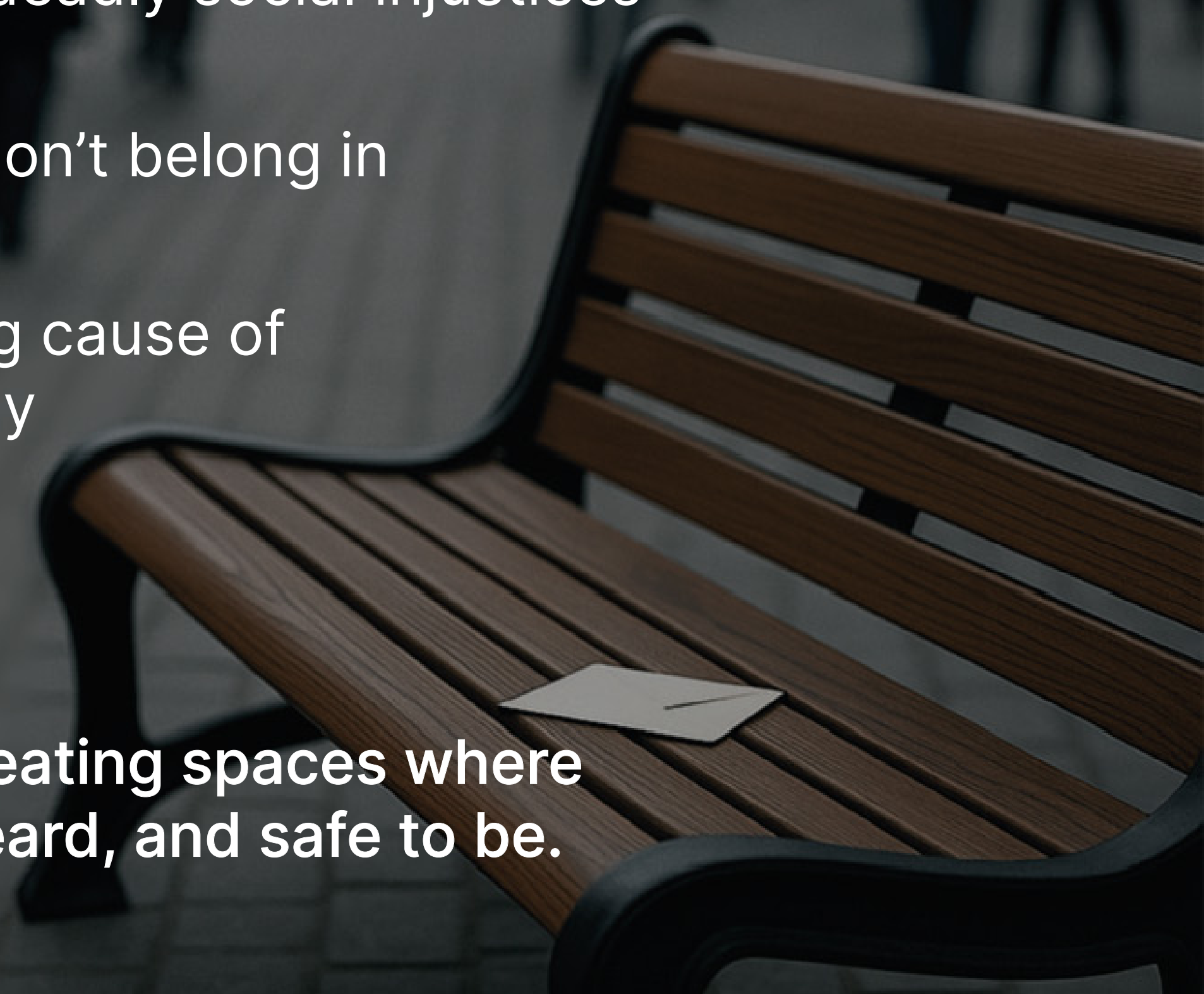
Tackling loneliness, isolation, and disconnection – today's most silent but deadly social injustices

1 in 3 people feel they don't belong in their community

Loneliness is the leading cause of premature death globally

Disconnection breeds inequality and silence

Social justice means creating spaces where everyone feels seen, heard, and safe to be.



A close-up photograph of a hand holding a black pen, writing on a piece of white paper. The paper is resting on a dark wooden surface. The background is slightly blurred, showing another hand resting on the surface. Overlaid on the image is the text 'We all want to feel seen. Heard. Held.' in a large, white, serif font.

We all want to feel seen. Heard. Held.

- ✦ People long to belong – not just exist
- ✦ Stories make people feel less alone
- ✦ Belonging reduces inequality by restoring worth.

What made you feel like you belong?

*«I sat alone
then someone*



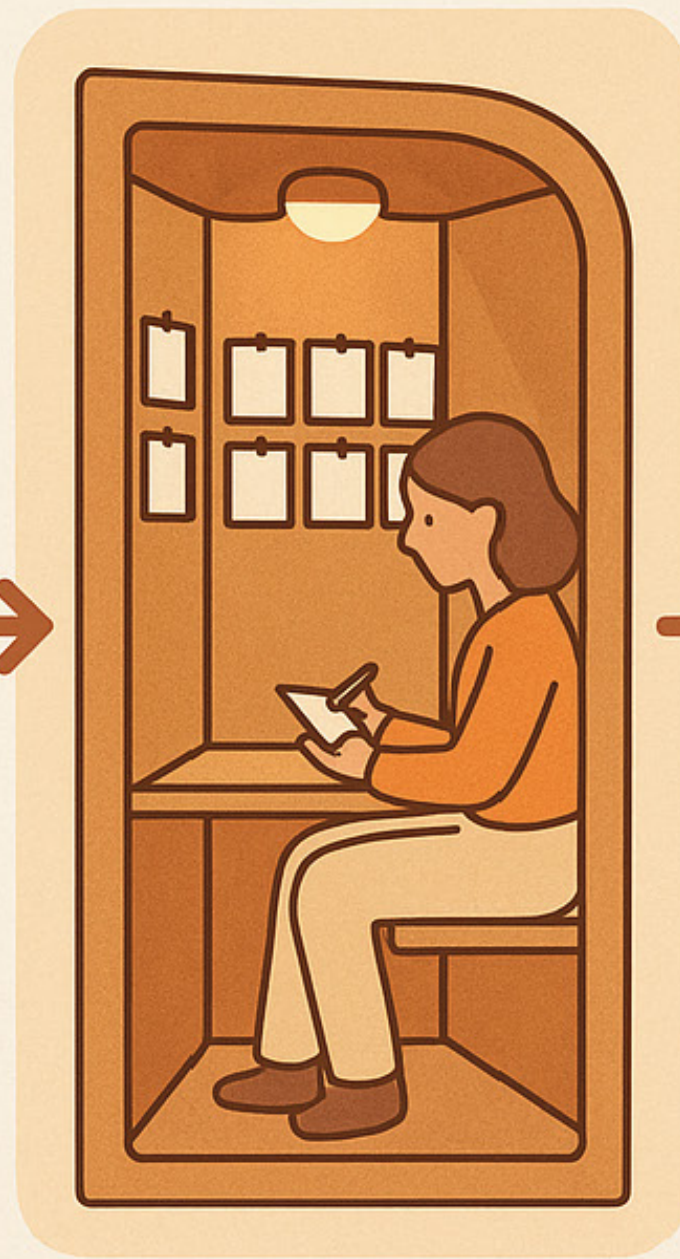
*on my first day...
smiled.>>*

Letters of Belongin 

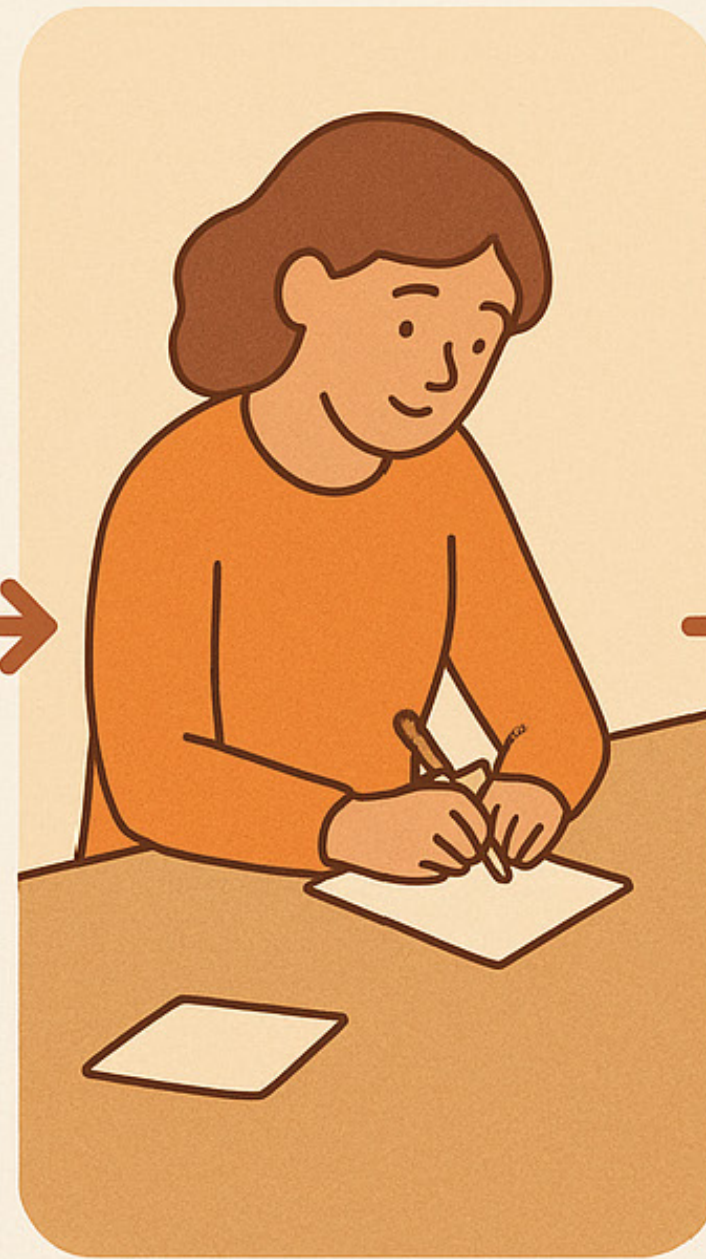
How it works



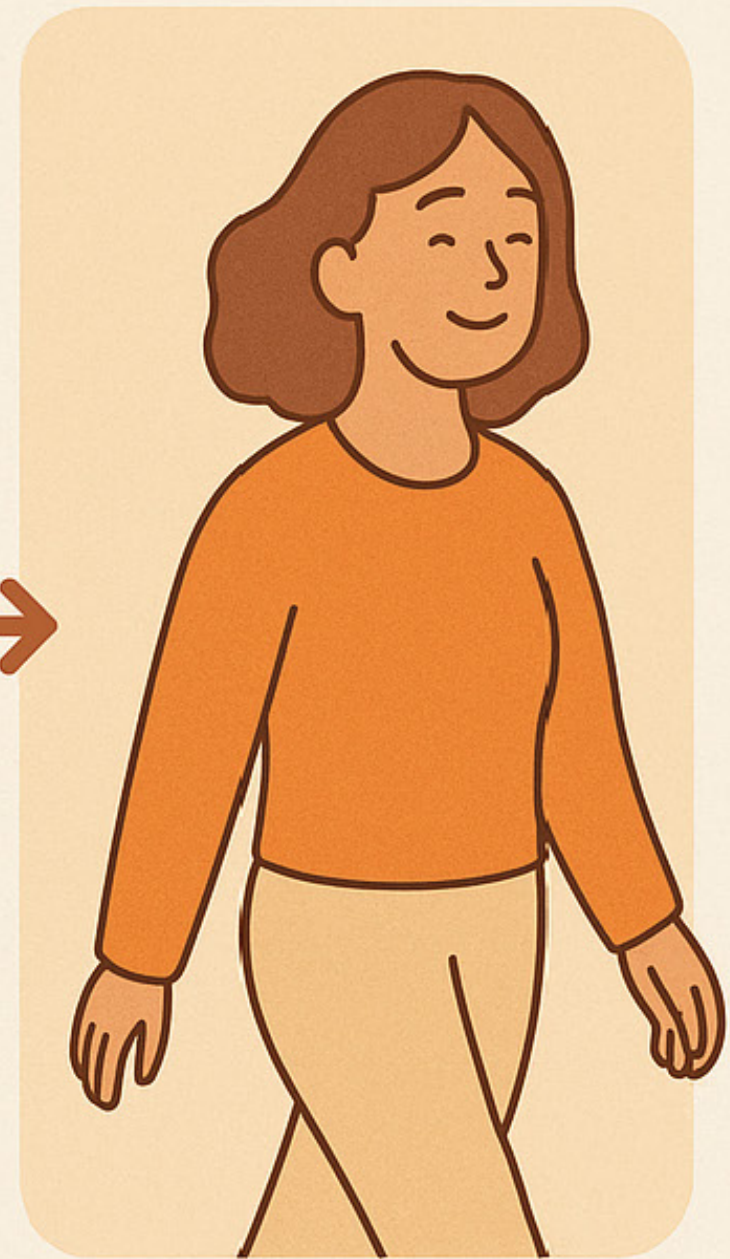
Approaches
booth



Reads a
letter



Writes
their own



Leaves
smiling /
reflective

Every letter is someone's truth.

Dear you,

I want you to know
that you're not alone.
I've been through a
lot of pain too, but
I'm still standing,
And so will you.
Keep going.

With love,

Dear friend,

I want you to know
that you're not alone.
I've been through a
lot of pain too, but
I'm still standing,
And so will you.
Keep going.

Yours,



Soft. Honest.
Intimate.
Quietly radical.

WHAT MADE YOU FEEL LIKE YOU BELONG?

I sat alone at lunch
for the first three weeks
of school. One day,
someone sat beside me.
We didn't talk.

That's when I felt
like I belonged.

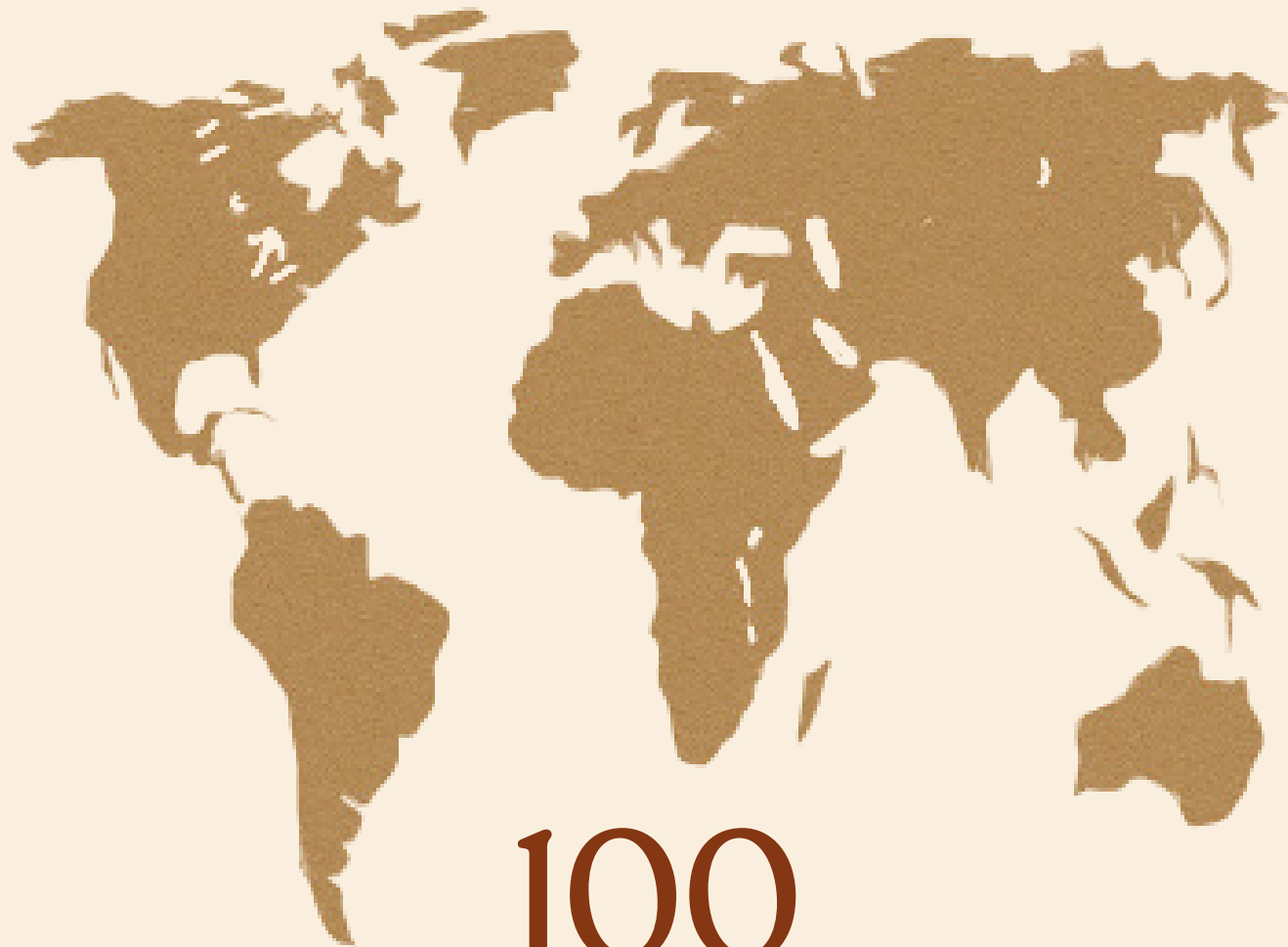
— Anonymous



Leave a Letter. Take a Letter.

Impact & Reach

One letter
can spark
a chain
of empathy.



50K

letters
exchanged

100

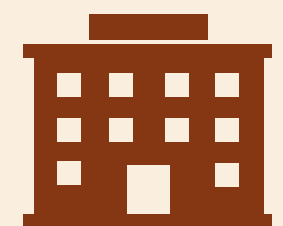
booths
installed

250

schools/universities
reached



Future placements



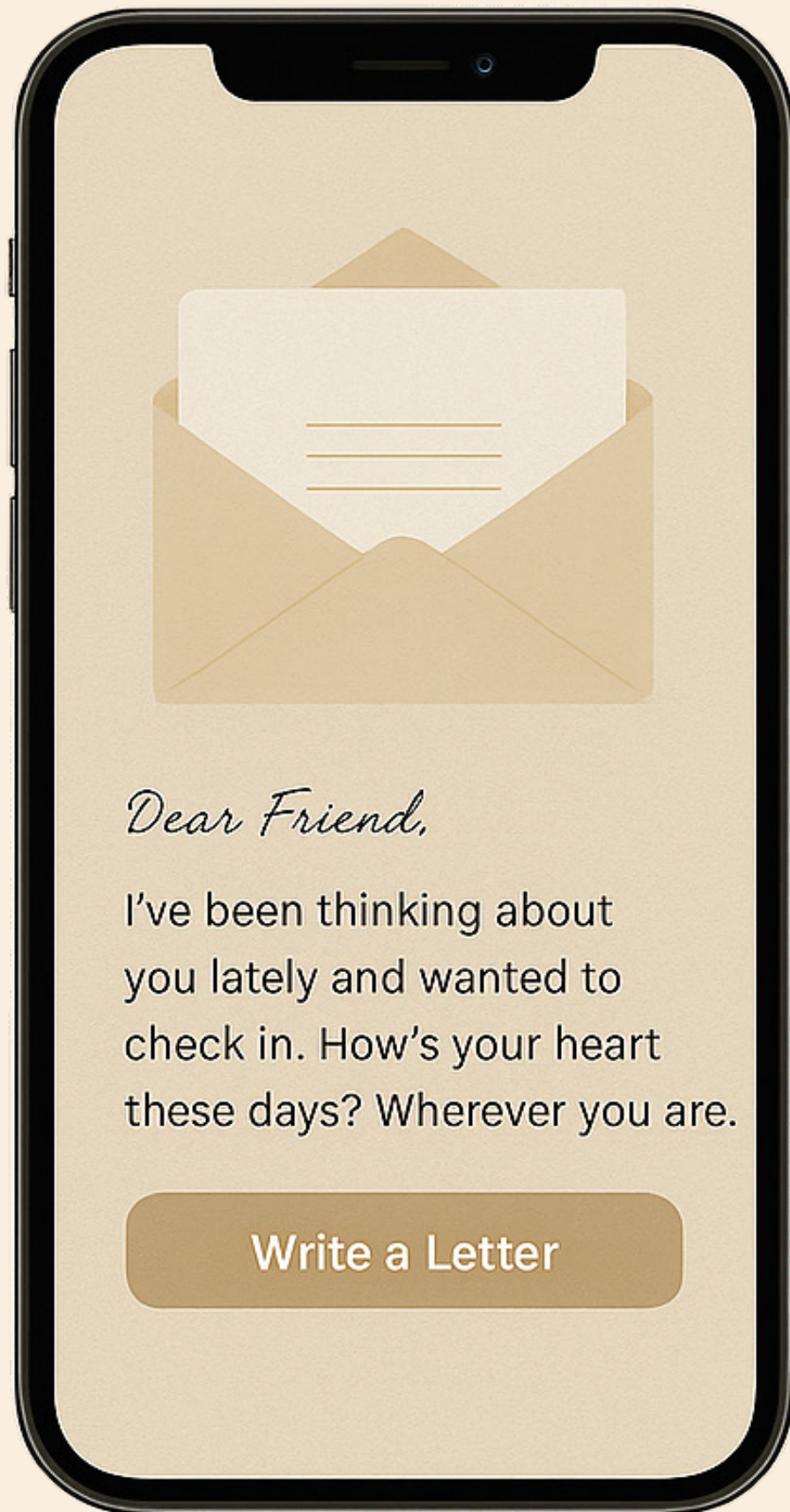
Testimonials & Emotions

It was like
someone
understood me.



I didn't know
how much
I needed this.





The Belonging Letters – Online



Anonymous Exchange

Write and receive letters without logging in.



Accessible Anywhere

A space for those who can't reach the physical booth



Letter of the Day

Get a surprise message of hope daily

Sometimes the right words come from a stranger.

Design isn't just what we see.
It's what we feel — and what we remember.

Kaia Rae Alford

Designing spaces for empathy, quiet rebellion, and belonging