

TLC



trichotillomania

LEARNING CENTER

celebrating 20 years of service

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Dear Friends & Family,

I want to let you know about an organization that is very important to me, and to urge you to join me in its support as best you can.

The Trichotillomania Learning Center (TLC) is a 501(c)(3) non-profit organization devoted to improving the lives of people suffering with hair pulling, skin picking and related disorders. I am proud to be a member of this organization. TLC does tremendous work and has helped me personally.

Hair pulling, skin picking and related problems tend to start in childhood – or even infancy – and are often emotionally devastating. They are also extremely difficult to overcome.

TLC remains the only organization in the world working to meet the needs of this community:

- providing accurate information and emotional support
- training treatment providers
- spearheading basic research
- raising awareness and
- ending the shame felt by hundreds of thousands of sufferers

As a result of the economic downturn, the cost of running programs is particularly difficult this year. And I know it is a tough time for everyone. I hope you'll understand that I'm including you in this fundraising effort because I know firsthand what a dramatic difference TLC makes in people's lives. Kids arrive at TLC outreach events – often dragged by their distraught parents – feeling alone, damaged, or “freakish.” Time after time, by the end of the weekend, they are running around in a pack, laughing with new friends, and their relieved parents are armed with good information about how to help their child recover. Many have described these events as life-changing.

I am also proud of how efficient and well-run the organization is. A high-level program officer at the National Institute of Mental Health recently praised TLC as a model for how a small organization can effectively accomplish collaborative research. As longtime member Dr. Fred Penzel put it, “TLC does more with less than any organization I've known.”

If you have the ability to support charitable work, I hope you'll consider adding TLC to your giving. Your dollars will truly make a difference. Because hair pulling and related behaviors are still not well-known -- in fact, they are often a person's most closely-held secret -- our work is overwhelmingly supported by those who are directly affected or have loved-ones who are suffering. If we don't do it, no one else will.

Thank you!

Love,

PS: Donating to TLC is easy! Visit www.trich.org, or fill out the enclosed donation form and mail it in! A receipt will be sent for your tax records.