

Story:**Support from strangers**

ROME, Ga. - April 1, 2019 - Morgan Bodenstedt was struggling during her time at the University of Miami. Her parents had both lost their jobs, and she had lost her job too. She began struggling with depression and self esteem issues.

"I hated what I saw in the mirror, and that made it hard to handle hardships in my life," Bodenstedt said. "I was generally just really hating my life."

She was also struggling with her lack of romantic life, and when her good friend and supporter, left to go study abroad, Bodenstedt felt as though she was facing everything on her own.

Her friend knew that she was struggling, and she wanted to know that she wasn't alone and that people cared about her. She submitted a letter request with the Letter Project, an organization that sends encouraging letters to girls around the world in need of support. Volunteers with the Letter Project from across the nation sent in letters for Bodenstedt, sending her positivity. When Bodenstedt opened her mailbox, she was overwhelmed with gratitude.

"I felt so incredibly loved. It was a great reminder that I wasn't alone," Bodenstedt said. "Even if my friends weren't there, I still had plenty of gals out in the world who would support and love me."

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