

## [BUZZWORTHY OBSESSION: TO WRITE LOVE ON HER ARMS](#)

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For three years, Jamie Tworkowski has been on a mission to harness the influence of your favorite bands to raise awareness about the very serious depression that can come hand in hand with the stereotypical rock star lifestyle. The same depression that affects an estimated 19 million Americans and can lead to suicide – the third-leading cause of death among 18-24 year olds.

What started as a project to help out a friend in need has blossomed into a full on movement called To Write Love On Her Arms. Tworkowski has brought his message to church groups, universities, music festivals and, most of all, the internet. To Write Love On Her Arms has enough of a following on MySpace and Facebook to populate a small country.

But it didn't happen overnight. Tworkowski's first major ally was inspirational San Diego rock outfit, Switchfoot. His friend, drummer Chad Butler, was the first to wear one of the now infamous To Wear Love On Her Arms t-shirts onstage. Since then the minimal design has graced the celebrated torsos of Paramore, Evanescence, Bayside, Forever The Sickest Kids and SO many more.

Twoorkowski's latest college tour, starting Friday in Florida, takes him across the American South to California, this time accompanied by North Carolina folk crooner, Josh Moore. The complete calendar of TWLOHA events is here. The famous t-shirts are here. Everything else you need, including resources to give or get a helping hand through hard times, is available on TWLOHA.com. Visit often.

<http://buzzworthy.mtv.com/2009/04/06/buzzworthy-obsession-to-write-love-on-her-arms/>