



Life Token

Whitepaper



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Introduction

From the beginning of the pandemic, mental health experts have been concerned that grief, financial crisis, and social isolation may take an unbearable toll on people's psyches.

This is precisely why Life Token was born. In the midst of one of the largest global crises of catastrophic proportions, we felt the urgency to dedicate ourselves to a problem that many were putting on the back burner. Before COVID-19, according to statistics collected by global bodies, every 40 seconds a person in the world attempted suicide. During the pandemic, it was estimated that these numbers increased by 140%, or about one suicide attempt every 14 seconds.

We knew we had to do something, given our personal history, knowing the reality of the facts and being aware of how much a suicide can destroy the life, as well as the person himself, of all the people around him.

We decided to found Life Token (\$LTN). Interacting with the world of Blockchain we made our mission to raise awareness among the vast world of investors in the BSC network, through the development of a token that has as its unique foundation the ideology of helping all those dedicated to suicide prevention. The choice of the BSC was not random. The average age of the investors in this network, according to market estimates, corresponds precisely to the group that has suffered the most during this period due to the mental disorders developed as a result of the conditions to which they have been forced.

In fact, according to surveys, in June 2020, 25% of adults aged 18 to 24 surveyed reported suicidal experiences or thoughts regarding the pandemic in the past thirty days. Using data from the National Syndromic Surveillance Program (NSSP), in the U.S., visits to the ED for alleged suicide attempts, for the 12- to 25-year-old age group, increased exponentially over the period in January 1, 2019 to May 15, 2021, compared to the same group but from 2017 to 2019.

Our hope is that through the medium of mere money, it is possible to push any person as close as possible to the world of suicide prevention, towards a new kind of open-mindedness that can make them observe the reality of the facts, learning fully how dramatic the current situation is.

To date, thanks to our project, we have donated over \$20,000 to small centres for suicide prevention and support of people with suicidal thoughts, and we have reached in a short time over 28,000 people, opening their eyes to this sad reality. These numbers obviously represent a tiny fraction of what our ultimate goals are, but they demonstrate the potential of such a project.

By the end of 2021 we will be the most reputable charity token on the BSC network. By 2022 Life Token will be renowned among suicide prevention organizations.

By 2023, we will be a global movement.

We are Life Token.

Meet the Team

Dara – Founder & Chief Executive Officer

Based in Ireland, Dara is an ambitious, determined leader with a profound history working with blockchain and cryptocurrency technology. Dara established Life Token as a result of the rapid rise in suicide rates globally since the COVID-19 pandemic.

As the Chief Executive Officer and Founder of Life Token, Dara demonstrates his transparency and growth mindset through his focus on reaching out to those affected by the suicide crisis in today's world.



Jack – Co-Founder & Chief Financial Officer

Jack, is the Co-Founder and CFO here at Life Token, meaning he is responsible for the financial structure behind the scenes. He also processes the charity donations and any other expenses for the token. Jack has over 3 years of experience in the cryptocurrency and blockchain space and is delighted to be working for Life Token.



Pasquale – Chief Marketing Officer

Pasquale, our Chief Marketing Officer. Of Italian origin, he takes care of the marketing and public relations of the project. Charismatic and very engaging, he always manages to inspire the community and pass on the right values of the project to everyone. A strong supporter of the project, he unfortunately has past experiences related to suicide, and knows how much it can destroy people's lives. A full-time student of Physics and Quantum Computation, he has decided to dedicate his life to raise awareness for mental disorders.

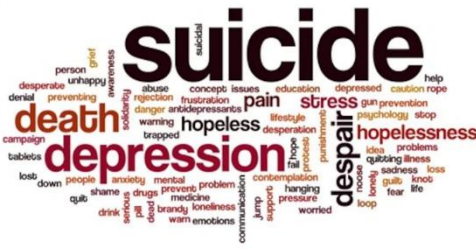


Tommy – Chief Operating Officer

Tommy Savage is the Chief Operating Officer at Life Token. He is a true jack of all trades with a diverse background. Through his experience, from hospitality to entrepreneurship, Tom has honed his skills in management, company branding, multi system operations, and the delicate balance of many moving parts within a company. After losing a dear friend at the hands of suicide, Tommy made a commitment to always do what he could to help save others if presented with the chance, this is that opportunity!



The Need for Suicide Prevention



We all need to take care of our mental health, and every support we get is crucial. One of the consequences of poor mental health is suicide, which occurs worldwide, affecting individuals of all nations, cultures, religions, genders, and classes.

Suicide is a severe issue to state the obvious. But something to consider regarding suicide rates in the United States of America is that many suicides result from circumstances beyond avoidable circumstances. One thing that is a heavy commonality among people who die by suicide is an unshakeable feeling of dread, despair, loneliness, and hopelessness. These adjectives can be overused in the discussions revolving around suicide, but they need to be taken seriously for suicide rates by state to decrease.

While situations outside of an individual's control play a huge role in someone's mental well-being, other innate factors such as disorders of the mind and abnormalities at birth can heighten someone's propensity for experiencing depression, whether as the occasional episode or a lifelong ailment.

The majority of people who have a mental illness do not die by suicide. However, those who do kill themselves, more than 90 percent have experienced some form of mental illness. The mental illness alone does not lead to suicidal behaviour. The distress associated with a mental illness in conjunction with overwhelming life circumstances may result in suicidal feelings and behaviours.

Those with diagnosable mood disorders, such as major depression and bipolar disorder, are at higher risk for suicide. People with psychiatric disorders that cooccur with depression (e.g., schizophrenia, anxiety disorders such as posttraumatic stress disorder, some personality disorders, and substance abuse disorders) are also susceptible to suicidal thoughts and behaviours.

It is important to understand the links between mental illness and stress. Stress is a normal part of life and people deal with their stress in different ways. However, when stress becomes persistent, overwhelming and disrupts life in a significant way, it can interfere with mental health and well-being. Seeking help and possible treatment is essential if stress is creating problems in your everyday life.

Suicide: facts and figures



Suicide is the
SECOND
leading cause
of death among
15-29
years-olds



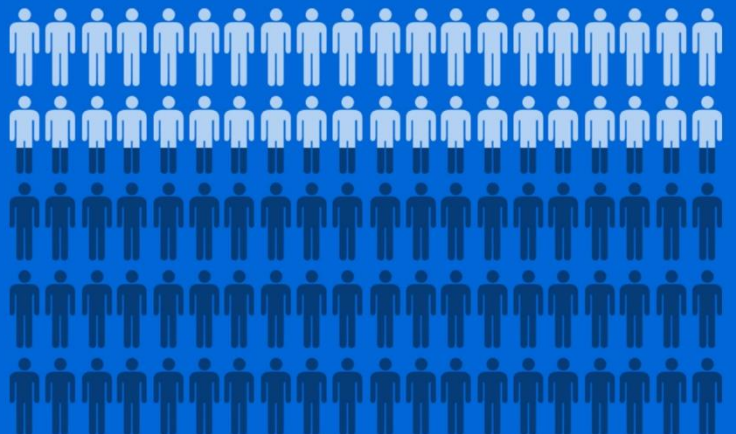
Close to
800 000
people die by **suicide**
every year **1 death**
every **40 seconds**



78% of suicides occur in low- and middle-income countries

55%

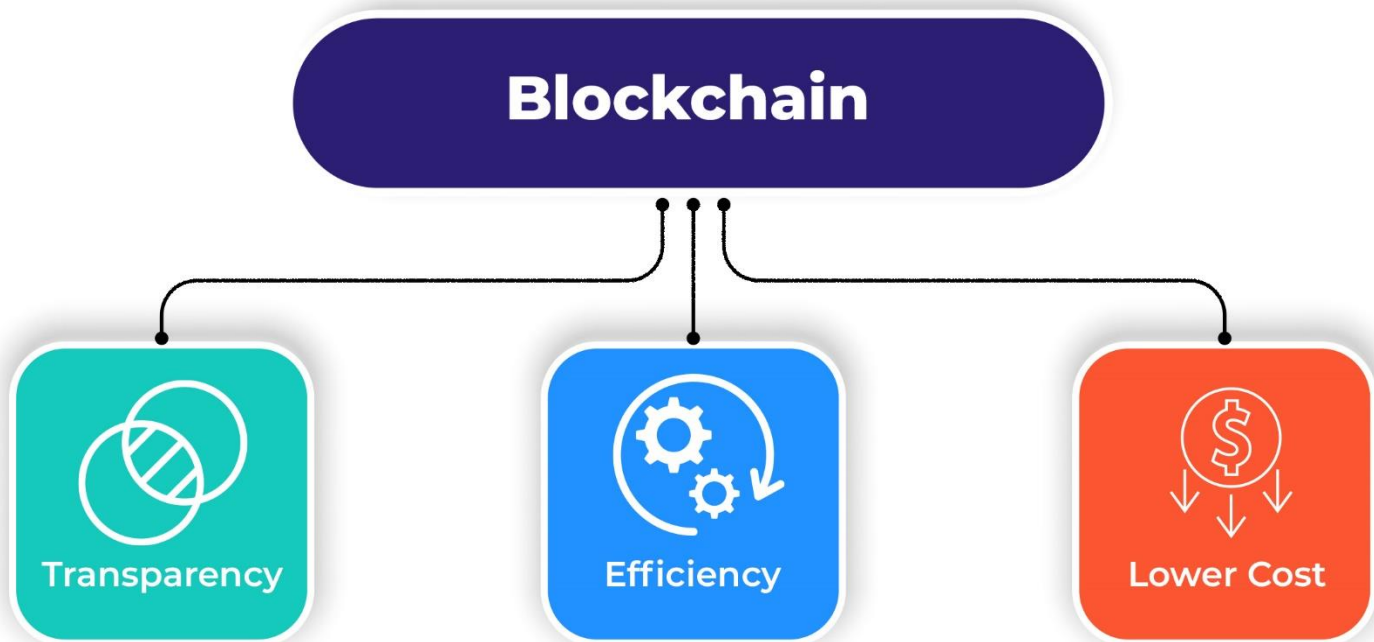
There are more deaths
from suicide than from
war and homicide together



Pesticides hanging and firearms
are the most common methods
used globally

Without any doubt, suicide is a global phenomenon and occurs annually. There are indications that for each adult who died by suicide, there may have been more than 20 others attempting suicide. In fact, it has been described as a leading cause of death. Therefore, there is a critical need for support in catering for people with suicide tendency. We need to join forces to combat this menace before it ruins our world. This is why we are introducing Life Token.

How can blockchain, decentralized finance, and NFTs help?



The incorporation of blockchain in charity donations is a very welcome development. Although Blockchain technology has only been recently introduced, it is fast gaining ground and advancing into different spheres, fields and would soon be introduced in most human endeavors. The blockchain is a darling for many due to the many benefits that the technology affords. The blockchain provides ease of usage and convenience while safeguarding against infiltrations and engendering confidence. This technology has been commended by many as a ticket to the new world. By providing proactive and forward-looking solutions, many individuals and companies are beginning to tap into this technology.

Blockchain solutions are the new deal and take over everywhere and have built a momentum that makes it one technological advancement to watch out for. It is no surprise that blockchain has made its way into charity donations and gained popularity as a viable solution to the nonprofit industry's problems.

Blockchain technology in charity and nonprofit ventures is gradually gaining ground and taking over the traditional operational methods of charity donations. The introduction of cryptocurrencies by blockchain platforms has brought many benefits and advancements in the nonprofit industry, engendering a more trustworthy and reliable business method.

Decentralized finance and NFTs are developed on blockchain technology. Through this technology, we can source money that would be deployed to ensure suicide prevention. Blockchain technology in facilitating charitable donations or contributions would offer a viable alternative to the traditional and conventional systems limited by several problems. It provides the opportunity for decentralized and direct transactions, which would help us receive and raise funding more efficiently.

The blockchain promises several impressive benefits for charitable organizations and donors and modes of conducting business in the nonprofit industry. Some of these benefits include but are not limited to:

**International Donations:**

The Blockchain allows for the opportunity to donate to charitable ventures from anywhere globally, without the constraints of distance, physical proximity, and the other limitation that the conventional donations mode always faces.

**Increased transparency:**

Due to the uniqueness of each cryptocurrency transaction, they can be easily tracked on the blockchain. The higher level of transparency and public accountability is brought about by the fact that the trustless nature of the blockchain can help provide ease in the minds of the donors as to the safety of their donated funds. Thereby encouraging them to give more and help build and sustain the reputation and integrity of the charitable organization.

**Global and Decentralized Networks:**

Most blockchain networks provide a high level of decentralization because they do not rely on a centralized authority, single data center, or institution. This means that funds can move directly from donors to charities without an interception by a central authority. The decentralized nature of the blockchain also engenders international transactions.

**Digital agreements:**

It is easier to store and share data using the blockchain. Thus, necessary documentation can be stored on an immutable network which cannot be altered without the approval of all actors and stakeholders.

**Reduced taxes:**

Charities have the opportunity of filing cryptocurrency donations as non-cash gifts and waive the payment of capital gain tax. More so, cryptocurrency donations can be used by charities to claim a higher tax deduction from governmental agencies.

**Reduced Cost:**

Blockchain technology can very well be the way that charities are managed. There is no need for human interference in records management, as predetermined codes can quickly do this. This and many other bases are why the blockchain would bring about a reduced cost to charitable operations.

We have come to understand that applying blockchain technology into the nonprofit industry is undoubtedly one of the best innovations to be introduced into this sphere. Therefore, blockchain technology is the foundation upon which the Life Token would thrive, bringing immense benefits to all token holders.

How We Plan to Solve Existing Problems?

Suicide is a critical issue that needs to be addressed immediately. There is a need for a reliable platform that can help in suicide prevention. With the increasing suicide rate, people need to be able to access more mental health support. This is what we are offering through the use of Life Token (LTN). Generally, we aim to aid mental health care and health care as a whole through our long-term vision use cases and our donations.

Furthermore, the high costs of public healthcare in most countries can be alarming. This means some people may not afford the therapy they need for better mental health. However, with Life Token, we plan on making mental health care completely free and decentralized, meaning that none of the personal information of any of the patients will be saved and stored in the government databases. Everyone will have a chance to improve their mental health just by using our platforms. We will also build out our charity, the LifeLine Foundation, to help with donations and a suicide prevention hotline.

We will help to prevent suicide by donating to charity. We will also be opening the lifeline foundation to give back to those who need help more directly, and creating the LifeLine app, which is the first free mental health app that will give tools to help those suffering from mental health illnesses. Aside from that, we plan to open a call center and hire our team of doctors to help out those who need assistance at absolutely no cost to them.



What is Life Token all about?



The Life Token Ecosystem is an innovative platform that aims to reduce suicide rates through charitable donations while helping those struggling with suicide and various other mental health illnesses. Basically, we are offering the first in the world charity NFT marketplace to boost suicide prevention. Life Token would be among the first projects to bridge cryptocurrency, NFT, and the nonprofit mental health sector.

The Life Token Ecosystem has seen tremendous potential in the efficiency, transparency, and trust that blockchain can bring about in the nonprofit industry and the ease and freedom that cryptocurrency donations can offer donors. Thus, the Life Token ecosystem is positioned to leverage these immense benefits by providing innovative solutions to its users.

The Life Token initiative is committed to saving as many lives as possible. We hope to revolutionize aid and support through charity for people battling with mental health issues. By providing a platform for charity donations and an NFT marketplace, we believe that assistance would be provided to those who need it, and we will make the world a better place.



Tokenomics

Life Token is deflationary non-fungible-token based on the Binance Smart Chain. Thanks to our revolutionary tokenomics, every holder gets rewarded BNB just by holding LTN in their wallets. The BNB rewards are sent out automatically, enhancing the experience of being a true supporter and holder of the project. We also have a buy-back and burn mechanism in place and an auto liquidity system that allows us to have stability over time without risking big dumps. Our contract is well optimized to ensure effective redistribution tokens. Our developers have put in a great deal of hard work to make everything feasible. In fact, we have managed to reduce the gas fees tremendously, compared to our competitors.



Reasons for Life Token V2

The first version of Life Token was launched in early May 2021. At that time, all tokens on the market simply represented modified forks of the Safemoon contract, one of the leading projects at that time. This is precisely why, although we experienced significant growth, we were victims of the global market crash, from which, given the contract, we were not protected at all.

That's why we decided to launch version two of our contract, adapting to market standards and providing SERIOUS incentives for our investors. Life Token V2 is a BNB redistribution token, meaning that all holders, simply because they have \$LTN in their wallet, will passively earn BNB based on a volumetric redistribution.

This represents a turning point for our awareness campaign, as people will actually earn dividends, simply because they are supporting a mental health care project.

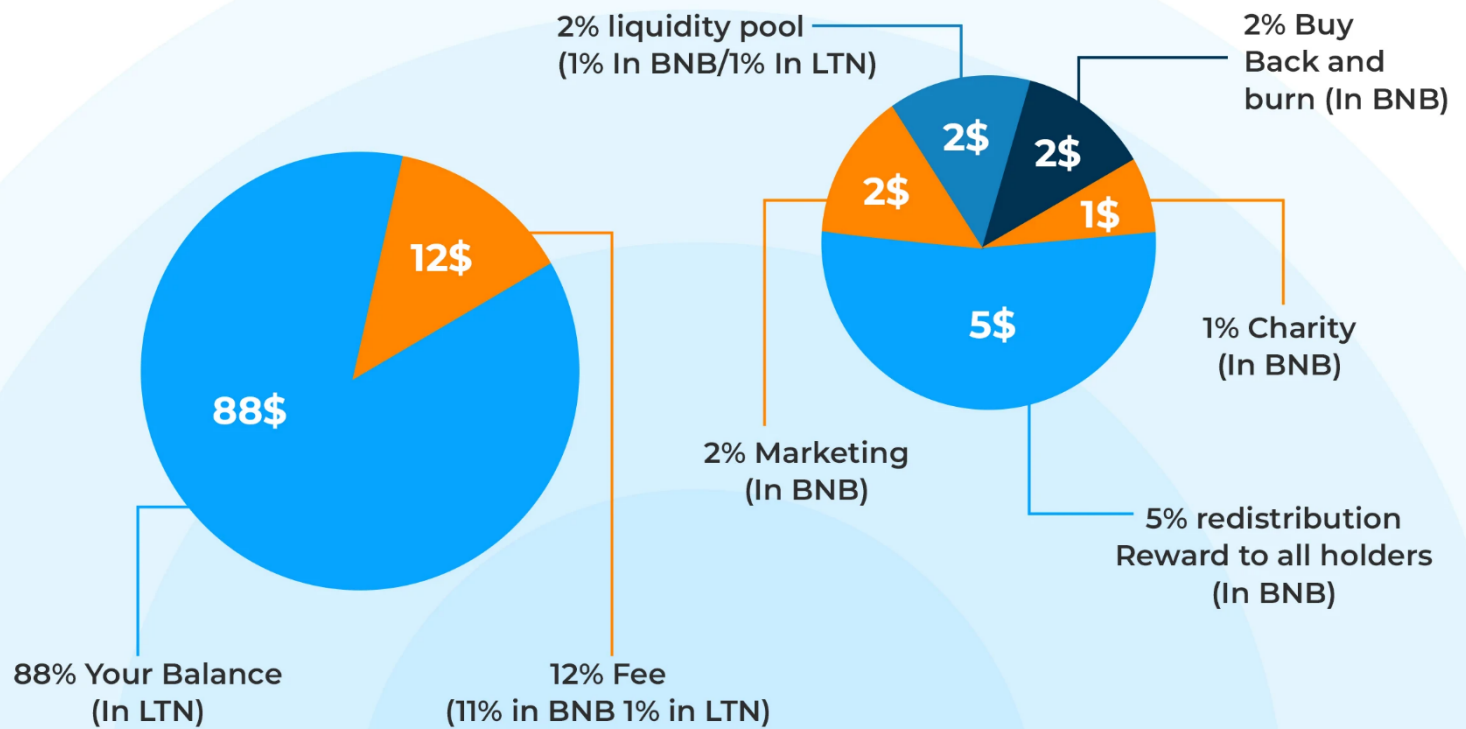
This is only the starting point though! In fact, built into the LTNv2 contract we have included a self-liquidity system, which guarantees us increased stability over time, due to the increased liquidity pool on the decentralized exchanges.

Finally, we decided to integrate a buy back and burn mechanism, which allows us to curb dangerous sales, and create bullish situations to incentivize news or events.

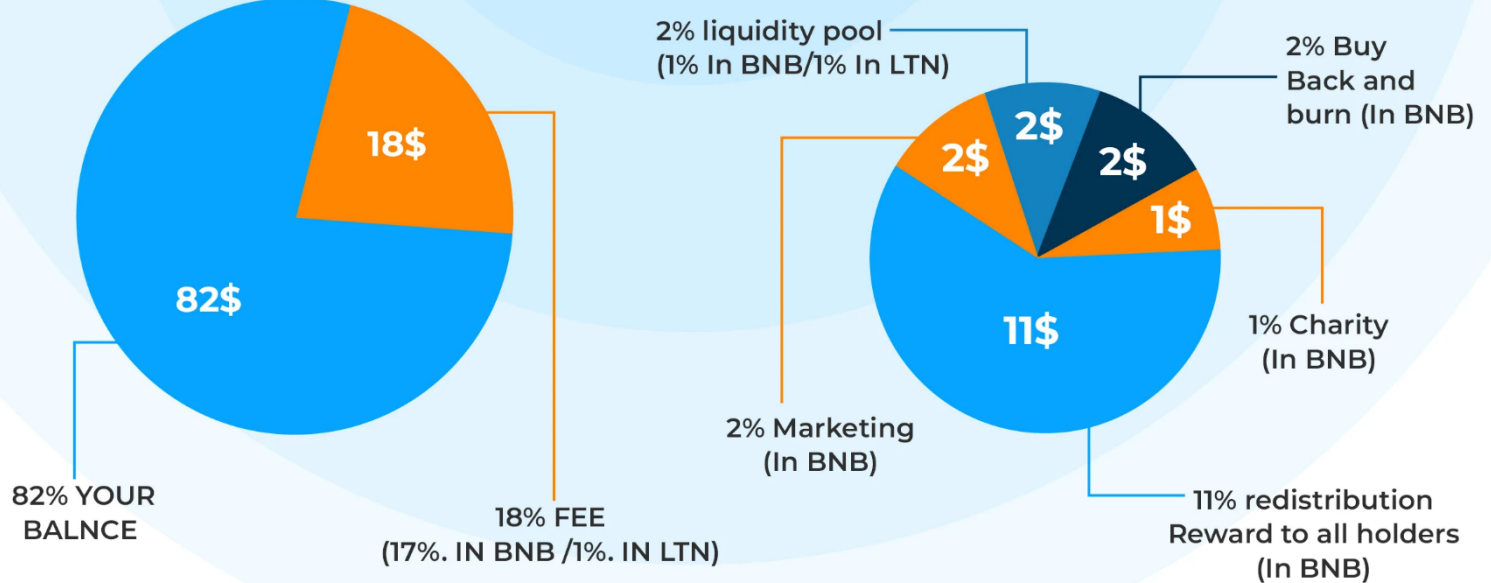
The new version of the contract undoubtedly provides us with the missing piece of the puzzle to conquer the entire charity coin market, incentivizing holders not to sell for quick profits and ensuring stability and incremental growth.

Life Token V2 Tokenomics

EXAMPLE TRANSACTION WHEN BUYING \$100 OF LIFETOKEN



EXAMPLE TRANSACTION WHEN SELLING \$100 OF LIFETOKEN (AFTER 8 WEEKS)



Our Use Cases



Suicide prevention hotline

We are providing a suicide prevention hotline to make it easier for people to call for help. The average wait time is 21 minutes. People who need help will reach our professionals through this call center for assistance at absolutely no cost to them.



Lifeline Foundation

We are also opening the Lifeline Foundation. Through this, we plan to give back to those who need help more directly.



Lifeline App

We are also developing the LifeLine app, which is the first free mental health app that will give tools to help those suffering from mental health illnesses.



Charity NFT Marketplace

Understanding the value of NFTs, we are creating a charity NFT marketplace, and money from it would be deployed to prevent suicide. By getting digital items from this marketplace, buyers donate to charity.



Conclusion

Suicide has been a major cause of death across the world, and there is a need to mitigate this. People need to have easy access to mental health support and services. This is why we have introduced Life Token. This is a revolutionary NFT-driven token designed to provide a marketplace for NFT and a charity space to ensure suicide prevention.

SUICIDES ARE PREVENTABLE



We will help to prevent suicide by donating to charity's, opening the lifeline foundation to give back to those who need help more directly, creating the LifeLine app, the first free mental health app which will give tools to help those suffering from mental health illnesses, eventually opening a call center and hiring our own team of doctors to help out those who need assistance at absolutely no cost to them.

The Life Token is a trailblazer with a focus on suicide prevention and assisting people to combat mental health issues. We will also continue to explore ways that investors and donors can benefit from our platform while maintaining the value of the token and transforming lives across the world.



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