



National Suicide Prevention Week and Stigma Free Stevens Launch

From: Nariman Farvardin, President

To: Stevens Students, Faculty and Staff

National Suicide Prevention Week begins today. It is a time dedicated to raising awareness about the critical issue of suicide and promoting mental health resources to those in need.



It is an opportune moment for Stevens to re-affirm our commitment to the mental health of our community by launching the **Stigma Free Stevens: Mental Health Matters** campaign.

The primary aim of the campaign is to help fight stigma within our community and to encourage professional help-seeking, when appropriate. The campaign additionally aspires to help members of our community to recognize the warning signs of mental health concerns — particularly depression and suicidality — and learn about the resources available to help get on a path to wellness.

All members of the Stevens community are invited to participate in writing **Letters of Hope** at the UCC Commons on Sept. 10 (11:30 a.m. to 2 p.m.) and Sept. 13 (3 to 4 p.m.). These letters are displayed at **CAPS** and made available to any students who need some inspiration during a low moment. Additionally, save the date of **Oct. 20**, for the annual **Out of the Darkness Walk** hosted at Stevens in collaboration with our partners at the American Foundation for Suicide Prevention. Register today at [this website](#).

If you are struggling with mental health, or if you know someone in the Stevens community who is, please know that help is always accessible. Visit [mental health resource](#) page to explore some of the numerous options available to students, faculty and staff.

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