



Lecture:

Thursday, April 8, 2010

7:00 p.m.

Theater in the Student Union

**Reception following
(pizza & beverages)**

- One-fifth of college students experience a mental illness.
- Increasing numbers of students are seeking help for emotional problems that occur after they arrive at college.

Suicide Prevention Resource Center

- Suicide is the 2nd leading cause of death among college students

JED Foundation

- Suicide attempts pose the greatest life-threatening danger for college women.
- Among college students, 7.5 of every 100,000 take their own lives.
- 4 out of 5 young adults who attempt suicide have given clear warnings.
- 18-24 year-olds think about suicide more often than any other age group.
- one in twelve U.S. college students makes a suicide plan.
- In 1998, suicide killed more young adults than AIDS, cancer, heart disease, pneumonia, birth defects, stroke, influenza and chronic lung disease combined.



Changing the Conversation about Mental Health on College Campuses

Alison Malmon is the founder and Executive Director of *Active Minds, Inc.*, the only national organization dedicated to utilizing the student voice to raise mental health awareness on college campuses. Alison started *Active Minds* following the suicide of her brother, Brian, who had experienced depression and psychosis for three years while in college but had concealed his symptoms and not received the support he needed. On March 24, 2000, as Alison was wrapping up her freshman year at the University of Pennsylvania, Brian ended his life. Recognizing that few students were talking about mental health although many were affected, Alison wanted to change campus culture. She became dedicated to combating the stigma of mental illness by encouraging students to seek help at an early stage and preventing future tragedies like the one that took her brother's life.

In just over five years, the organization has expanded onto more than two hundred campuses, with anticipated growth to three hundred campus chapters by 2010, and boasts a number of innovative national programs that are run by its chapters. With national recognition from the Campaign for Mental Health Reform and organizational profiles in *The Washington Post*, *Chronicle of Higher Education*, and others, *Active Minds* has become recognized as the leading voice in student mental health advocacy.

Why attend? Alison's presentation capitalizes on the energy and dedication of young adults in the fight against stigma surrounding mental health disorders. She speaks to educate, enlighten, and empower all young adults to ensure their own mental health before it ever reaches a tragic stage.

Please consider allowing the student to earn extra credit by attending the event and bringing their name tag to class. Additionally they can:

- Report on it
- Write a reflection paper
- Create an action plan for starting an Active Minds chapter
- List **3** things you learned; **2** ways the presentation relates to this campus; **1** way Alison's story relates to you as person.

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