

To whom it may concern:

My name is _____ and I am a student here at UVU. Last December, when BYU had a student commit suicide on campus I was shocked. I have many friends that attend BYU and I saw the effect that it had on each one of them personally and on the student body and university as a whole. The thought that has been most present in my mind after that incident has been that I don't want the student body at UVU to experience that. I want to do all that is in my power to avoid a student suicide here at UVU. I would imagine that you feel the same way.

I think that the action that we can take to prevent suicides is to improve the mental health services on campus. Based on my research about suicide prevention at universities, I have thought of several viable improvements that UVU can implement. These improvements include hiring peer specialists (people who have an intimate experience with suicide and are trained to counsel those at risk for suicide) and holding campus wide trainings that are focused on basic suicide risk assessment techniques. In addition to these improvements, I propose that UVU implements a campus wide marketing campaign focused on educating students about suicide,

the resources available on campus, and the importance of getting help. I believe that the implementation of these suggestions will better the mental health of the student body and prevent suicides as well as start to break down the stigma surrounding suicide and mental illness that exists on campus. Though the Student Health services has mental health resources and help for students, the proposed improvements are preventive actions. Isn't it better to make changes now than to wait until something happens to change?

My proposal goes into depth of explaining the merits of each of my proposed solutions and how they will benefit the UVU student body.

Please take the time to read the attached proposal and to pass it on to President Tuminez.

Thank you so much for your time.

Sincerely,