

Suicide Prevention Day

On September 13, 2024, the Psychology Association held a meaningful event for **Suicide Prevention Week**, aiming to foster openness, support, and mental health awareness across the campus. A centerpiece of the event was the **Freedom Wall**, a large display set up on Garden Street. The wall was divided into sections with prompts like "Will," "Wisdom," and "Well-being," encouraging students and faculty to reflect on their inner strengths, sources of motivation, and personal well-being. These prompts invited participants to contribute thoughts, affirmations, or advice, creating a vibrant tapestry of shared reflections.

The Freedom Wall was open to everyone on campus, and participants wrote down encouraging messages, life advice, and positive affirmations. The variety of responses created an impactful display of the community's collective resilience and insight. Students and professors alike found themselves surrounded by words of wisdom, support, and personal stories that reminded them of the importance of unity and empathy in overcoming life's challenges.

Adding an artistic touch, some students worked on **caricatures** nearby, creating playful illustrations that brought humor and creativity to the event. This relaxed activity helped make the environment more inviting, drawing in more participants to explore and contribute to the Freedom Wall. The caricatures added a sense of lightheartedness to the serious topic, encouraging open conversations and making mental health a more approachable subject.

Through the Freedom Wall and caricature activity, the Psychology Association's Suicide Prevention Week initiative encouraged everyone to consider the importance of mental health, self-care, and community support. It offered a safe and expressive space for students and faculty to connect, reflect, and inspire each other in the ongoing journey toward well-being and suicide prevention awareness.

Photos

