The University of Hartford recently held an event to promote awareness about mental health and suicide prevention on campus. The event, called Fresh Check Day, was organized in collaboration with the Jordan Porco Foundation. Through interactive peer education, it aimed to increase awareness of available mental health resources, encourage help-seeking, and teach students how to identify and assist those in distress. "In light of the growing mental health challenges faced by college students today, it is incredibly important to find innovative strategies for engaging, informing, and empowering our campus communities to recognize warning signs, effectively intervene, and promote enhanced mental health and wellness," said Nick Pinkerton, licensed clinical psychologist and director of the university’s Counseling and Psychological Services. Fresh Check Day was developed by the Jordan Porco Foundation in an effort to prevent suicide on college and university campuses. This year, the foundation plans to hold more than 100 Fresh Check Day events nationwide.

**Spark Extra!** Learn more about prevention planning [2] on college and university campuses.

Links within this resource

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