



President's Note

IVY LEAGUE MENTAL HEALTH CONFERENCE

In memory of the recent suicides on campus

Dear Princeton,

We have lost three classmates in four years.

No words can adequately express how I feel, without seeming patronizing or disingenuous, and I know that official administrative statements can come off as distant and detached. There are no words that could provide the consolation or empathy that I hope to convey over email.

I know this all too well because when I was a sophomore in high school, my good friend took his own life. There were no words that any administrator, school leader, teacher, or classmate could offer me that would have consoled me, so I offer this to you.

Instead of offering words, I hope that we can honor our friends and classmates by working on policies and programming to address the real and salient need for a more inclusive, supportive environment for mental health on campus. This means not only openly talking about mental health, but providing the necessary support systems and resources to more fully support our community.

There is an obvious need. Will you help us address it? Will you recognize it?

We need to do better. We need to look out for each other. This means *all* of us.

On that note, I invite all of you to heed this call to action. On behalf of the board of the [3rd Annual Ivy League Mental Health Conference](#), we would like to invite you to the opening and closing sessions of the conference, even if you have not registered to attend.

Our vision and mission for this conference is to create a baseline standard for mental health across the Ivy League by providing the resources and feedback to refine and implement policies at each school. We realize that implementation after the conference is **key**, and that's where we need your help.

Also attached is a [video](#) that the Office of Communications and McKenna Brownell helped to create, as well [Mental Health Policy and Programming Updates](#) and [action steps](#) for how you can help.

I want to sincerely thank the ILMHC Team for making this happen. Thank you for stepping up to fill this need. I would also like to thank VP Calhoun and her office for funding this conference.

I hope you will all join me this weekend. Please reach out if you have any suggestions on how to tackle mental health at Princeton ---- together.

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