



Sigma Chi

EXPECT MORE.

1714 HINMAN AVENUE ■ EVANSTON, IL 60201
SIGMACHI.ORG ■ @SIGMACHI

Dear Valued Campus Partner,

Sigma Chi International Fraternity is committed to promoting mental health awareness and support within our organization and its broader communities. We are excited to share with you an important initiative that we believe aligns with the values and mission of your university.

As you may be aware, mental health struggles have become increasingly prevalent in our society, affecting not only our brothers but also the broader communities of students and faculty at our partner institutions. The impact of these struggles is profound, and it is our collective responsibility to address them. With this in mind, we are thrilled to announce the inaugural Sigma Chi Mental Health Action Day (MHAD) scheduled for Oct. 19, 2023.

MHAD is a Fraternity-wide initiative — taking place at the aimed at distributing resources and challenging the stigma surrounding mental health and wellness. It represents a unified message of support from Sigma Chi International Fraternity to not only our brothers but also to the community at large. We firmly believe that by raising awareness of available resources and reducing the stigma associated with seeking help, we can make a meaningful impact on the mental health journeys of countless individuals.

Our Fraternity has a long-standing commitment to mental health support. Initiatives and programs such as our Strong Arms mental health and wellness curriculum, and our Reach Out app are testaments to our dedication to members' wellbeing and that of the wider community. MHAD is a continuation of these efforts, reflecting our desire to be our brothers' keeper and extend the same support to our communities.

We are reaching out to you as a respected campus partner to kindly request your support and collaboration in making MHAD a successful and impactful event on your campus. Your involvement would greatly enhance our students' ability to challenge the stigma surrounding mental health and provide valuable resources to those in need.

Here are a few ways in which your campus might support Mental Health Action Day:

- **Reserve Space:** We kindly request your assistance in securing appropriate venues and resources for MHAD events on campus. This will help ensure that our programs reach as many individuals as possible.
- **Promote MHAD:** We encourage you to promote MHAD where appropriate through your communication channels, including newsletters, social media platforms and campus events. This will increase awareness and participation.



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- **Collaboration:** Consider collaborating with our Fraternity and other organizations on campus to organize events and initiatives that promote mental health and well-being.
- **Speaker or Workshop:** If possible, consider providing a platform for a speaker or workshop during MHAD. This could be a valuable resource for students and faculty alike.

We understand that your campus has its own unique approach to addressing mental health, and we are excited to work together to amplify our collective impact. We believe that our collaboration will contribute to a more supportive and inclusive environment on your campus.

We are eager to discuss the possibilities for MHAD on your campus and explore how we can work together to make this initiative successful. Your support would mean a great deal to us and, most importantly, to the individuals who might benefit from a Mental Health Action Day event.

Please feel free to reach out to us at headquarters@sigmachi.org or (847) 869-3655 to discuss this further or to arrange a meeting. We appreciate your consideration of our request and look forward to the opportunity to collaborate in creating a brighter and more supportive future for our members and your students.

Sincerely,

Bob Wilson, **FORT HAYS 1981**
73rd Grand Consul (International President)
Sigma Chi International Fraternity

Nathan Neal, **GEORGE WASHINGTON 1983**
Health, Safety and Wellness Committee
Chairperson