

October 18, 2019

Ms. Healthy Giving
1234 Donor Place
Vancouver, BC V2W 3T4

Dear <<Salutation>>,

<<Variable1>>

The excitement of those first few weeks is now behind them, and they are adjusting to a new life and the demands that come with it.

Some students are struggling to cope—and today, you can help make a meaningful impact on the well-being of students at SFU.

Four years ago, Andriana was one of those students. In the enclosed letter, she will tell you a little about the challenges she faced in her first years, and how important SFU Health & Counselling Services are to her.

Andriana became a Health Peer, one of the students that help run SFU Health & Counselling Services (HCS) programs. These programs, combined with her decision to become a Health Peer herself, turned her SFU experience around. More students than ever need these programs—<<Variable2>>

Will you make a donation to SFU Health & Counselling Services? Your gift of <<Amount>> will make a direct impact in students' lives, helping someone who might be struggling with anxiety, depression or stress—by supporting services that have been proven to make a difference.



SFU HEALTH & COUNSELLING SERVICES

My Student Support Program (My SSP)



A mobile app that easily connects SFU students to instant, 24/7 mental health support.

Dog Therapy



Helps students relieve stress during exam periods and add balance to their busy lives.

Active Health



An award-winning prescription exercise program for SFU students diagnosed with significant depression or anxiety.

Community Cooking Workshops



Helps students gain valuable nutrition skills and build a support system through social interaction.

Continued on reverse >

Yes, I want to support SFU students!

Ms. Healthy Giving
1234 Donor Place
Vancouver, BC V2W 3T4

E-mail:
Phone:
Finder Number

One time gift:

single1 single2 single3 Other: \$ _____

Monthly gift:

montly1 montly2 montly3 Other: \$ _____

Please direct my gift to:

Health & Counselling Services Development Fund
 Alumni Scholarship & Bursary Endowment
 Other: _____

Payment options on reverse

In 2016, HCS participated in the National College Health Assessment survey, which involved more than 1,000 SFU students. In the survey, 15.7% of students reported being diagnosed or treated by a professional for anxiety, while 12% reported being diagnosed or treated for depression.

That means 1 in every 6 students need mental health support—but we know there are many others who haven't asked for help.

Stress can play a large role in the lives of students, and it can sometimes overshadow the many good memories students should be making. That's why—with your help—we are working to support student well-being.

HCS works in collaboration with other campus groups to offer a variety of great free programs, some of which Andriana describes. These programs help set students up for success and ensure they can have their best experience at SFU—and you can help them grow.

<<Variable3>>

Thank you for your support.

Gratefully,

Rummana Khan Hemani
Vice-Provost, Students & International *pro-tem* & Registrar

P.S. Student life is challenging, but for some it can become overwhelming. **Make a gift to SFU by November 30th**, and you will directly help students experiencing distress—and give them the tools they need to succeed.

P.P.S. Sometimes just the right words can make all the difference—you can include a note of encouragement for a student with your donation, by using the enclosed card.



SFU HEALTH & COUNSELLING SERVICES

Make Space for Well-being



Weekly outreach program providing students with tools to manage their physical and emotional health.

Mindfulness Meditation



Weekly workshops providing tools to help students reduce stress.

Meet, Greet, Eat



Weekly activities providing an opportunity for students to connect, de-stress, and develop healthy self-care habits.



THANK YOU for your gift!

Please indicate your preferred payment method:

- I have enclosed a cheque payable to Simon Fraser University (If you are making a monthly gift, please provide a VOID cheque.)
- Please charge my credit card: Visa Mastercard Amex

CARD NUMBER _____ EXPIRY DATE (MM/YY) _____

CARDHOLDER NAME _____ SIGNATURE _____

You can donate online at give.sfu.ca/HCSFund

- Please send me information about making a donation in my will.
- SFU issues tax receipts by e-mail. To receive a hardcopy receipt instead, please check this box.


To receive your tax receipt, return this form in the enclosed envelope or mail to:

SFU Advancement & Alumni Engagement:
2118 Strand Hall, 8888 University Dr
Burnaby, BC Canada V5A 1S6
Phone: 778.782.7250 | Email: annual_giving@sfu.ca


Dear <<Salutation>>

Every September, when I see all the new students on campus, it always takes me back to my own first year, and how hard I found it to adjust to university life.

Perhaps you had the same experience? It's such a big jump and it can be so hard to cope. But until you open up to someone, you don't realize that so many of your fellow students are feeling the same way.

My name is Andriana, and I'm in my last semester as a health sciences student at SFU. I wanted to tell you a little bit about my experience as a Health Peer, so you can see how your support will make a meaningful impact on the well-being of students at SFU. 

For most of my time at SFU, I've sat through a long commute to attend classes, which made it difficult to get involved with anything on campus. I lived on campus for a short period but even then, when your classmates are commuters, it's hard to connect with others.


Do you remember what it was like sitting in your first few lectures? 


I found it so overwhelming. When you're in a room with hundreds of other students, you can feel like you're just another number. That no one sees you.

The high school environment is controlled and people tell you what to do. Once you are at university, you have to explore and figure things out on your own. Sometimes I had moments of panic, where I wondered if I was in the right building. The transition was really difficult.



Getting involved with Health Peers turned my experience at SFU around. Working with others towards a common good was so rewarding, as was being able to help students going through similar situations to my own. I wish I had heard about it earlier.

There are so many ways that you will help students, simply by supporting SFU Health & Counselling Services. 

Keep reading... 

Health Peers like me plan a variety of free programs that benefit students. For example, every week we host Make Space for Well-being, a table-style outreach session where students can come and talk directly to one of us. We are trained to provide information and advice on many aspects of self-care, from healthy sleep to managing stress.

We host community cooking workshops—a great space for students to connect in a safe environment. Sometimes students have a hard time asking for help, and these workshops often allow them to open up and build a support system. As an added bonus, these workshops are a great place to admit you need some help learning how to boil an egg!

High levels of stress are now part of the student experience. There is so much pressure to get everything done. Students feel guilty if they take time out for themselves, and there is still a stigma around self-care.



How can we help students cope? ?

Perhaps the most important role Health Peers fulfill is to act as a bridge to SFU's counselling services. Often students in distress aren't ready to contact them directly. It's less intimidating to talk to a peer. I've spoken to many students who are struggling, and it's been so rewarding to see students who have learned to take care of themselves and flourish.

Please join me in making a positive impact on students at SFU by supporting SFU Health & Counselling Services.



Thank you.

Andriana

Andriana

SFU student and Health Peer