

The tragedy of student suicides 1 at Queen's 1ed to formation of 1 the Principal's 1Commission 1 on 1 Mental Health. The Commission 1 was tasked to review trends in 1 mental health issues tarising in 1 post secondary students, texam, ine the way thental health issues 1 of students are tassessed and to 1 make frecommendations 1 on 1es,

tablishing a mental mealth strategy. It mas just 1 published 1ts 1eport 1which 1can 1be 1ound 1at 1 www.queensu.ca/cmh. 1 1 111 1 1 1 1 1

A 1majority 1of 1Queen's 1students 1come 1from 1 outside 1Kingston, 1intensifying 1the 1stress 1of 1 transition from flome to funiversity. Their flew 1 environment florces students to tleal with tun, accustomed freedoms, both intellectually and personally. 1 It is also a transitional stage of character development. 1A11 Harvard study reported that one out of every ten stu, dents has emotional consicts severe enough to merit pro, fessional help, including temotional feactions to thysical 1 illness, separation problems and thi culty adapting to 1 university. Stressleads to increased use of student health 1 facilities 1during 1examination 1periods, 1before 1and 1after 1 holidays and at graduation. Another survey found that 351 percent of students had symptoms of depression, low self esteem becondary to 10w brades or bexual di culties. 1 The sense of alienation of the depressed person can be 1 aggravated When Laway from family, friends Land Lisual 1 support systems. 1 1

Native 1Canadians have the highest suicide 1 ate 1n the 1 country, followed by the elderly and students aged 15 to 1 24. Suicide a 4 empts are 10 times thore frequent than sui, cides; thany a 4 empts, but signibcame 1

RAQ Annual General Meing and Lunch

Monday April 29, 2013 Umersity Club-Recejion and Cash Bar 11:30 am; Lunch 12 noon. Nifeeto follow

By 1now 1all 1members 1of 1the 1 Queen's 1

