

## Do you have a secret?

- Have you ever felt like you were going through something that **no one else** could possibly understand?
- Do you have an **embarrassing** secret that you've always been **too afraid** to tell anyone?
- Do you ever **struggle** to find ways to express your feelings?
- Do you want to help **reassure your fellow students** that they are not alone?



## What can you do?

# Create a Chesa-secret Postcard!

Design a post card (or several!) with your own secret on it, and leave it in the drop box in the lobby. Secrets will be “revealed” April 8-12. And checkout [postsecret.com](http://postsecret.com) for examples!

## Why are we doing this?

Many students at UMBC struggle with a variety of mental health concerns ranging from anxiety and depression to self-injury and thoughts of suicide. We want to help students in our community know that they are not alone and that there is a variety of resources available to them right here on campus.

## For more information, contact:

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