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**For Immediate Release**

## GSU Marks National Suicide Prevention Day

University Park, Illinois, August 23, 2010 - Governors State University will mark National Suicide Prevention Day on September 8 with a presentation on the warning signs of suicide and an information table. The presentation is scheduled for noon to 1 p.m. in Engbretson Hall and the information table will be located in the Hall of Governors from 4 to 5 p.m.

"More than 14 percent of college students have reported feeling so depressed that it is difficult to function," said GSU Outreach Counselor Tamekia Scott. "As a university, and as students and staff, we need to do everything possible to save the life of someone who is dealing with thoughts of suicide. That's what we want to accomplish through this presentation and information table."

During the presentation, participants will learn the warning signs of suicide, along with facts and myths about suicide and prevention measures. Information will be distributed during the day's activities, including suicide prevention cards that include warning signs, and contact information for the national suicide prevention lifeline. Brochures on depression and stress management will also be distributed.

The GSU Academic Resource Center is sponsoring the National Suicide Prevention Day presentation and information table. Activities are free and open to the public. Refreshments will be served during the presentation. Governors State University is located at 1 University Parkway, University Park, Illinois. For more information, call (708) 235-2228.