



SIUE hosts Fresh Check Day Program for student mental health

by Megan Weiser

February 7 2019 1:22 PM



EDWARDSVILLE - Southern Illinois University Edwardsville will host Fresh Check Day to “check-in” on the mental health and wellness of its students from 10 a.m.-2 p.m. on Tuesday, Feb. 12 in the Morris University Center Goshen Lounge. The Jordan Porco Foundation created the concept designed to bring entire campus communities together to support student mental health.

The Goshen Lounge will be transformed into an expo-like atmosphere to bring together interactive exhibits combined with food, prizes and giveaways. The booths feature peer-to-peer messaging in a positive, community-focused setting. Participants will learn about mental health, wellness and suicide prevention. Local and national resources will be provided.

The free event is organized by SIUE Counseling Services collaborating with campus departments and student organizations, student volunteers, and representatives of The Jordan Porco Foundation.

“We are pleased to once again have Fresh Check Day on campus as a vehicle for learning and connecting about mental health topics, well-being and suicide prevention,” said Lisa Thompson-Gibson, SIUE staff counselor and coordinator for outreach and prevention initiatives of Counseling Services.

For more information, contact Thompson-Gibson at 618-650-2842 or lithomp@siue.edu.

Southern Illinois University Edwardsville provides students with a high quality, affordable education that prepares them for successful careers and lives of purpose to shape a changing world. Built on the foundation of a broad-based liberal education, and enhanced by hands-on research and real-world experiences, the academic preparation SIUE students receive equips them to thrive in the global marketplace and make our communities better places to live. Situated on 2,660 acres of beautiful woodland atop the bluffs overlooking the natural beauty of the Mississippi River’s rich bottomland and only a short drive from downtown St. Louis, the SIUE campus is home to a diverse student body of more than 13,000.