

If You're Reading This Letter Writing Prompts

Letters can be written about any topic or in any format you'd like. They should offer some kind of **support**, **comfort**, or **guidance** for peers at your university. We've provided prompts below if you need something to help get the creative juices flowing.

Too often, when we lose community members and loved ones to suicide, we lament about the things we wish we would have said if we had known that they were struggling with their mental health. Imagine that you're told a friend is struggling with their mental health, and you are given the opportunity to talk to them about it. What would you say?

What has *your* journey with mental health been like thus far? What do you hope others take away from your journey?

What piece of advice would you give to your younger self regarding mental health?

What is the best advice *you've* ever received about mental wellness? Tell us how it benefited you and share how others can put it into practice too.

What do you use to cope with life's challenges? Is there a habit or practice that changed the game for you regarding your own mental health? (Examples include: Therapy, medication, meditation, physical activity, savoring, journaling, getting outside more, etc.) How can others get started and try it too?

Who keeps you grounded when life takes a toll on your mental health? Write an open thank you letter to them.

Is there an event or situation that completely changed your outlook on mental health/wellness? What happened, and how did it change you for the better? What can others learn from your experience?

What quote or saying/mantra do you say to yourself that calms, centers, or helps you cope with hard times? Where does it come from? What does it mean to you, and how does it help?

Is there a song, poem, movie, book, podcast, food, piece of art, or place that gets you through tough times? How does it better your mental health?