



Because mental health concerns often first appear between the ages of 18 and 25¹, **we're talking about suicide prevention.**

¹ NIMH

WESTERN ILLINOIS UNIVERSITY

is dedicated to student mental health, especially knowing that mental health concerns often first appear between the ages of 18 and 25.

That's why, students receive access to an online training called MindWise on Campus: Suicide Prevention for Students that teaches how to recognize signs of suicide risk in themselves and their friends - then ACT (Acknowledge, Care, Tell) accordingly.

We encourage all students to take 30 minutes to learn these lifesaving skills.

- Visit mindwise.digitalchalk.com and click "Create Account"
- Enter name, email address, and chosen password, click "Create"
- Enter the redemption code **"WIU"** and click "Next"
- View the dashboard and select the Mindwise on Campus for Individuals training.
- Retake the training at any time by logging in at mindwise.digitalchalk.com and reset your password as needed.



**Western Illinois
University**