

## Need Support?

## Want to Support Your Animal Science Classmates?



## Are you or someone you know feeling stressed, overwhelmed &/or depressed?

We, your fellow animal scientists, have your back! Drop you or your friends' *first name* (to stay anonymous) and mailing address into the **black mailbox** hanging on the wall in PH 120 and our support team will send an awesome uplifting package!



## Join our letter writing team!

The Department is initiating this new letter-writing project as an additional way to support each other when life gets you down. We're seeking people that would want to create fun letters of love and encouragement to our fellow animal science students that need a "pick me up." After all, who better understands the struggle from time to time than our own people? In the process of helping others, you're also engaged in your own stress-relieving activity! We've got all the materials you need in PH 116 on the coffee table. Stop by, create, and then drop your letter in the **red mailbox** in PH 120.

Anyone interested in being a letter writer should email Mariette Benage.1

