

PostSecretU

What is PostSecretU?

PostSecretU was developed by Active Minds in partnership with PostSecret blogger Frank Warren with a mission to eliminate the stigma around discussing and seeking help for mental health issues. Active Minds works with over 611 college chapter organizations to promote wellness efforts and creative programs that focus on teens and young adults.

What's the point?

PostSecretU helps foster positive dialogue about mental health on campus by providing a forum to express things that might usually be too embarrassing or shameful to share. Research shows that college students must feel they will be met with social support in order to be comfortable dealing with troubles.

What do I do with my postcard?

Create an anonymous postcard that shares a secret! Postcards will be displayed together for the campus community to view starting February 11. Sometimes these secrets are funny, many are artwork, but more often these postcards carry a poignant statement that has the power to inspire a viewer to think, "Hey, that sounds like me!" By feeling less alone in our secrets we are more likely to start being open with others about our authentic thoughts and feelings. Postcards will be available January 14 -February 1 in Counseling and Basecamp.

What are the guidelines?

In order to keep PostSecretU safe and productive, a committee will review all submissions before posting them. While we strive to provide a safe place for freedom of speech and expression, we want to follow some guidelines: identifying information will be blacked out and any photos will be altered to provide anonymity; nudity will be blacked out; hateful or aggressive language toward minority groups or the college, will NOT be posted but used to identify concerns of safety and conduct that will be formally addressed by the LCC president.