

# PSYCHOLOGY CLUB

Marymount University

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## LETTER OF APPRECIATION

To Whom It May Concern:

S. L. Young (Sly) was a guest speaker for our club on 2/17/2021. When he saw that a psychology club was forming on campus, he took the initiative to reach out to us and offer himself as a speaker. His honesty in introducing himself by sharing that he almost committed suicide, reflects his open and engaging personality. The impression we got from the presentation he provided, is that sharing his story to help others is his passion. In addition, he took the initiative to invite his friend, Mary Hanson, to our conversation. Losing her son to suicide, Mary is as passionate about helping others as Sly.

Our event with them yielded the highest number of attendees throughout the whole semester! Sly had been teaching at Marymount as well. Many of his former students came to our event, knowing they would not want to miss hearing his inspiring words. Being open about his emotions, Sly provided all of us with a safe and non-judgmental environment to talk about mental health. Mary's courage to share the story about her son's (Brian) suicide, was a great reminder, that there are many people out there suffering, who can need an open and listening ear. Sly and Mary can provide this. Sly even extended his support beyond our conversation by offering students to reach out to him.

As a psychology student and impacted by mental illness myself, I could not be more thankful for Sly taking the initiative to reach out to us and speak to us. He shared all the valuable lessons he has learned about life because of what he went through. He encouraged our students to seek help if they feel they need it and made us realize that showing our emotions is not a weakness. His lessons have the potential to inspire many to lead a fulfilled life while learning to live with mental illness.

I strongly encourage other groups to have Sly and Mary speak with them, too. Sly and Mary's openness and honesty about a topic that many try to avoid discussing has great potential to fight the stigma surrounding mental illness and normalize conversations about mental health. Feel free to reach out to me at [psycclub@marymount.edu](mailto:psycclub@marymount.edu) for further questions!

Sincerely,

 , 3/9/21

Steffi Socher

President of Psychology Club