

Hope, Help, and Strength in our Community



**Gunn:
Sources of
Strength
and ROCK**

What is Sources of Strength?

- ❖ Evidence based suicide, violence, bullying, substance abuse prevention program
- ❖ Students are trained peer leaders that offer support on campus
 - “Break the silence” when someone is struggling
 - Connect peers to help they need & deserve
- ❖ Any student or staff member can join!



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- ❖ **Founded in 2009 after the original suicide cluster, leading to a recognition of the unaddressed issue of mental health**
- ❖ **Specific to Gunn**
- ❖ **Used as a platform to relay the message of Sources of Strength**