FOR IMMEDIATE RELEASE

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P.S. I Love You's Mission to Spread Kindness

[Selinsgrove, PA – 01/30/25]- Everyone has a silent opponent and the P.S. I Love You chapter at SU is committed to being a partner in hope by circulating messages of kindness to end bullying while spreading mental health awareness. To raise awareness, the chapter will hold special events beginning February 10 to spread positivity and share the message that you are never alone.

Each evening during the week of February 10 – 14, P.S. I Love You will host an event to work towards their goal of ending the mental health stigma. The week's events culminate with P.S. I Love You Day on Friday, February 14.

Monday night will be a Paint Night with Her Campus from 5 pm to 7 pm in Charlie's Lounge. Tuesday is BINGO Night from 7 pm to 9 pm in Charlie's Lounge. Wednesday is a Special Event! You can find more information @psiloveyousu for event information. There is also a QR code on the flyers around campus. Thursday is QPR Suicide Prevention Training from 6:30 pm to 7:30 pm in Benjamin Apple Meeting Room 1-3. Finally, Friday is P.S. I Love You Day where you can show your support by wearing purple. There will be activities in the Mellon Lounge from 9 am to 2 pm.

P.S. I Love You Day was started by Brooke DiPalma after she lost her dad to suicide when she was 14. The last thing her dad said to her was "I love you." A month after her father had passed, their community lost a high school senior to suicide. After the shock to their community, she knew she wanted to do something that would bring people together to be "'the force that ends tragedies.'" She claimed the second Friday in February to be a day of spreading love, kindness, and compassion!

To learn more about P.S. I Love You, please follow on Instagram: @psiloveyousu and Facebook: P.S. I Love You Chapter at SU. The organization meets on campus Fridays at 6:15 p.m. in Apfelbaum Hall 318. Interested students are invited to stop by for different stress management activities, mindfulness, crafts and other activities. Also visit https://psiloveyouday.net for more details.

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