



My name is Angela Haglund and I am a recent graduate from Keene State College. My freshman year of college I was very lucky to meet Kyle and we became close friends on campus. After losing Kyle to suicide, I noticed the impact it had on our friends and myself. Mental Health awareness is so important to me because everyone experiences it personally, as we all face challenges in our lives. I believe it is so important to be considerate and kindhearted to everyone you meet. It is equally important to share the same level of care with yourself.

During my time at Keene State I focused a lot of my extra-curriculars around mental health and community service. My senior year I was the New England District Governor of Circle K International (Kiwaniis) and part of this role was choosing a governors project. For my year-long project I chose to raise awareness and funding for Mental Health in memory of Kyle. With the help of my peers, we were able to raise over \$8,000 our senior year and with the help of our school administration we also implemented events on campus.



My senior year, I also had the opportunity to be certified in Mental Health First Aid through the Student Support network on campus, as I was nominated by KyleCares. This national program provides students with essential knowledge to be a peer advocate in all areas of mental health. I was able to use this training to better support my classmates by knowing the beneficial ways to listen, support, and lead them in the right direction to get help on campus.

The KyleCares foundation has helped me tremendously throughout my work in college to expand my resources and support networks. KyleCares funded a Young Adult Speaker from Minding Your Mind at one of our Circle K Events to better connect with and influence our members from over 20 colleges in New England. The foundation has also awarded grants to select colleges who pursued mental health advocacy on their campus. Following one of our events with KyleCares, a fellow member and friend of mine wrote me a letter thanking me for bringing awareness to mental health. This member shared with me the impact that they had had from KyleCares and the Youth Adult Speaker and how it had encouraged them to get help from their college counseling center. After receiving this letter, I truly realized how important it is to talk about mental health because just one conversation can resonate with a person you love.

At the end of my senior year, the world was deeply affected by COVID-19. During this challenging time, it was very difficult for all college students as we were missing many final events and celebrations. As I struggled with accepting this new reality, I turned to self-care as a relief. This helped me accept and adapt to this new ending of my college career. I decided to host a live event online for high school and college students to talk about mental health, self-care, academic and social success in schools. I was able to reach so many students who had questions on how to navigate their own academic career paths and maintain happiness.

Overall, I am so grateful to have gained more knowledge on Mental Health for myself and the people I care about. I plan to continue being an advocate in my career as I work with all ages and abilities. I am continuously grateful for the KyleCares foundation in supporting my goals and for helping me keep a beautiful memory of Kyle.