



News Release

For Immediate Release

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Making the Transition Easier for Students

(Halifax, NS) The Sun Life Financial Chair in Adolescent Mental Health and the IWK Health Centre have developed an orientation booklet for students entering college and university that will provide information on topics including time management, relationships, sexual activity, mental illness, suicide and addictions.

The booklet entitled: “Transitions: A Student Reality Check” offers students self-help information and also contains recommendations about campus counseling services and where students can go to get help.

“For some students the transition from high school to college or university can be filled with freedom, excitement and fun. For others, adapting to a new social and academic environment can be difficult,” said Dr. Stan Kutcher, Sun Life Financial Chair in Adolescent Mental Health. “Our goal is not to tell students how to act, it’s to offer students a realistic picture of the challenges that they might encounter as they transition to university or college. We want to help students identify mental health problems and to encourage them to seek appropriate assistance if they experience difficulties.”

The publication will be distributed in orientation packages at Dalhousie University, Saint Mary’s University, Mount Saint Vincent University, NSCAD University and the Halifax campuses of the Nova Scotia Community College. Dr. Kutcher points out that a more detailed version of the booklet will be distributed to counselling services offices at each campus.

The Sun Life Financial Chair in Adolescent Mental Health is a partnership between Dalhousie University, Sun Life Financial and the IWK Health Centre. The Chair functions as a knowledge exchange centre by systematically collecting, evaluating, interpreting, translating and disseminating scientifically-validated information about adolescent mental health to advance the understanding of mental illness and to improve the disability caused by mental disorders in young people.

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