



The Friendship Bench: a place for discussion

September 11th, 2017

London ON – King's University College is the first post-secondary institution in London to join the Lucas Fiorella Friendship Bench campaign and implement a friendship bench on campus.

The Lucas Fiorella Friendship Bench campaign was created to continue the legacy of Lucas Fiorella who, after secretly suffering from depression, took his own life on October 12, 2014 in Ottawa. As part of the nation-wide campaign, King's University College and King's University College Students' Council have permanently placed a friendship bench on campus in the quad outside of the Student Life Centre. The grand unveiling of the bench will be on September 12, 2017 at 11 a.m.

The Friendship Bench is an actionable program that encourages student-to-student conversations about mental health and facilitates peer-to-peer support networks. Friendship benches are located in universities, high schools and elementary schools across the country and King's is the first campus to have one in London. Despite the increased efforts by both secondary and post-secondary institutions to offer additional education and services for those struggling with mental health, many students still don't seek help. The purpose of the Friendship Bench is to create a physical place where people who can't ask for help may still receive assistance. It's a visual symbol of a peaceful place to encourage students to discuss their mental health.

King's is a publicly-funded Catholic post-secondary institution founded in 1954. King's provides general and honours degree programs in the liberal arts, social sciences, business, and a master's degree in social work. It is positioned in the top rank of institutions of higher learning in Canada for the high quality of its teaching faculty and student experience. Institutionally-autonomous, King's is academically-affiliated with Western University. King's is open to students of all faith backgrounds, with its community centered on the values of social justice, equality and the education of the whole person.

For more information, please contact:

Taylor Rummell
Communications and Media Relations Intern
King's University College
Taylorrummell3@gmail.com
519-854-8941
@kings.uwo.ca
@kingsatwestern
www.kings.uwo.ca