



DELTA TAU DELTA

Brothers,

As Delts, we are hard-wired to lend support to our brothers in need and to seek that help from our brothers when it is we who are struggling. Our fundamental principles of Truth, Courage, Faith and Power, which have guided us since our founding, demand no less. We are committed to lives of excellence and embrace attributes like integrity, accountability, lifelong learning, strengthening community and brotherhood. Perhaps most importantly, we support each other as friends and brothers, sharing in the celebration of life's joyful moments and helping each other through times of difficulty. It is in the ups and downs of life that our brotherhood matures and deepens the bond which ties us together.

Over the past decade, we have witnessed a society experiencing increased depression, anxiety and a rise in the report of many other mental health issues. While talking to a trusted brother or friend when we experience one of these challenges can often provide clarity and temporary relief, truly addressing these issues requires the skill and assistance of a qualified mental health professional who can provide the right kind of help and direct us to just the right resources.

As brothers, it is incumbent upon us to increase our awareness and try to be attuned to subtle calls for help and possible warning signs displayed by someone who is struggling. We do not have to be mental health professionals to recognize someone else's difficulties or to look inward to see our own need for a helping hand. We cannot wait passively as our brothers suffer but must try proactively to render appropriate assistance. Some of our brothers are struggling with depression, anxiety or substance abuse. Some will ask for help; others will seek to resolve these issues on their own. Supporting each other means offering a hand to those who need it, not waiting to be asked or invited. We cannot afford to lose one good Delt because of a health crisis left unaided.

Delt's Ulifeline digital portal demonstrates our commitment to greater mental health awareness, accurate education and appropriate treatment resources. Ulifeline is tangible evidence of our goal to provide mental health education and awareness as well as access to mental health crisis resources 24 hours a day.

I encourage all undergraduates and alumni to review the Ulifeline site. By knowing what tools and resources are available, we can act quickly and confidently when we recognize a brother in need. The fact that we cannot do everything should not prevent us from doing something. Ulifeline offers us the tools to do something and to seek to make every day another good day to be a Delt.

Fraternally,

Steve Paquette
International President

