

## [Shouldering a heavy load](#)

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Send Silence Packing, which uses backpacks to communicate personal stories of lives lost to suicide, came to the Berger Family Lawn on the uptown campus on Nov. 2. [Wave of Support](#), Tulane's donor-supported effort to raise awareness of and provide resources for mental health and suicide prevention, partnered with [Active Minds](#) to stage the display, whose message was "you are not alone, help is available, and we each play a critical role in changing the culture around mental health." To access mental health services visit Wave of Support's website: <https://care.tulane.edu/>.



Tulanians on Berger Family Lawn take in the exhibit, which encourages people to change the culture around mental health.