

February 10, 2020

Higher Education Appropriations Subcommittee

Dear Committee Member:

I am writing to express my support of Trula Foundation and its innovative peer-to-peer anxiety intervention program. Trula Foundation's program has great promise to increase mental wellness on Utah's university campuses.

As a peer-to-peer mental wellness program, Trula focuses on unlocking the power of students helping other students manage and overcome the crippling effects of anxiety. As part of its innovative model, Trula Foundation will develop and administer a standardized, first-in-the-nation certification for peer supporters. Importantly, Trula Foundation will provide a private scholarship to help Utah students studying psychology and related fields pay for their degrees.

Now is the time to invest in anxiety early intervention. Doing so will help resolve a mental wellness challenge before it potentially becomes a mental wellness disorder.

As an advocate for student success and wellness, I support the Trula Foundation's pilot project. I ask for your support in advancing our mutual goal of increasing the mental wellness of students attending our wonderful universities.

Sincerely,

Alan E. Hall

Alan E. Hall
Utah Board of Regents

