

Young adults will have free access to an updated, easy-to-understand resource guide that will help them with the transition from high school to post-secondary education

TORONTO, Sept. 27, 2013 /CNW/ - Sun Life Financial has donated \$100,000 to fund the creation of *Transitions*, a newly redesigned resource guide for young adults transitioning from high school to post-secondary education.

The book and pocket guide were created by a team lead by Dr. Stan Kutcher, Sun Life Financial Chair in Adolescent Mental Health and professor at Dalhousie University.

Transitions

is a simple, easy-to-understand resource that discusses issues surrounding school, money, relationships and health. This updated version provides students with specific information about mental health disorders and teen suicide, and provides resources on where to access help.

"Sun Life recognizes the demands and challenges facing youth and young adults and sees tremendous value in having a free and accessible resource available over the web across Canada," says Mary De Paoli, Executive Vice-President of Public & Corporate Affairs and Chief Marketing Officer. "We are proud to support youth initiatives that provide practical support for real-life issues."

With at least 1 in 5 Canadians experiencing mental illness in their lifetime, Dr. Kutcher saw a need to support students with stress and other psychological needs. "*Transitions* is a go-to guide for this crucial period that impacts youth socially, economically, emotionally and physically. This book discusses sensitive topics, helps students identify issues and provides helpful tools to get back on track," says Dr. Kutcher.

Transitions will be made freely available over the web to secondary and post-secondary students, care providers, parents and other parties involved in a young person's life. It is available in print, online and as an app and an eBook. It can be viewed and downloaded from www.teenmentalhealth.org

About Sun Life Financial Sun Life Financial is a leading international financial services organization providing a diverse range of protection and wealth accumulation products and services to individuals and corporate customers. Sun Life Financial and its partners have operations in key markets worldwide, including Canada, the United States, the United Kingdom, Ireland, Hong Kong, the Philippines, Japan, Indonesia, India, China, Australia, Singapore, Vietnam, Malaysia and Bermuda.

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June 30, 2013

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Sun Life Financial makes \$100,000 donation for youth guidebook dedicated to teen mental health

Written by Australian Business

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Note to Editors: All figures in Canadian dollars.

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