

# MENTAL HEALTH AWARENESS MONTH

[Please register in advance]

WED  
10  
MAY

## MOVIES FOR MENTAL HEALTH

Connect with yourself and others through films about mental health!

11:30 AM TO 1:30 AM



[BIT.LY/M4MH-DA](https://bit.ly/m4mh-da)

VIRTUAL EVENT

THURS  
18  
MAY

## QPR TRAINING

Train to recognize suicidal thoughts & behaviors and be able to refer to professional resources.

12 PM TO 2 PM



[BIT.LY/428SK1Y](https://bit.ly/428sk1y)

VIRTUAL EVENT

THURS  
25  
MAY

## HEALTHY RELATIONSHIPS

Learn how to build healthy relationships with the people in your life.

12 PM TO 1 PM (ROOM 3533)



[BIT.LY/40YPQ5J](https://bit.ly/40ypq5j)

VIRTUAL + IN-PERSON

THURS  
08  
JUNE

## PRIDE IN MENTAL HEALTH

Learn about mental health issues affecting LGBTQI+ students

12 PM TO 1 PM (ROOM 3533)



[BIT.LY/3LMCBYG](https://bit.ly/3lmcbyg)

VIRTUAL + IN-PERSON