

ACTIVE Minds Club

ADVOCATING FOR STUDENT MENTAL HEALTH & SUPPORT

PEER SUPPORT & STIGMA
REDUCTION

NEXT MEETING: NOVEMBER 14TH
12:00 - 2:00, G106


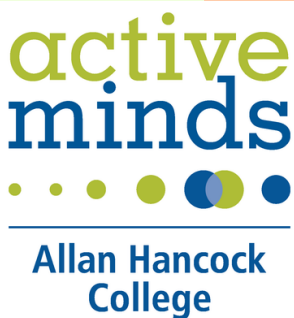
UPCOMING EVENTS:

ALCOHOL AWARENESS EVENT:
OCTOBER 30: 12:00 - 2:00, G106

QPR TRAINING, WITH YOUTHWELL:
NOVEMBER 20: 2:30 - 4:30, G106

STRESS BUSTER EVENT:
DECEMBER 4: 11:00 - 1:00, G106

CONNECT WITH OTHERS. HAVING A
SUPPORT SYSTEM IS CRUCIAL FOR GOOD
MENTAL HEALTH. REACH OUT TO FRIENDS,
FAMILY, OR A MENTAL HEALTH
PROFESSIONAL IF YOU NEED TO TALK OR
RECEIVE GUIDANCE.



Students receive
**FREE IMMEDIATE ACCESS
TO A THERAPIST**

Choose a therapist based on your preferences
issue, gender, language, ethnicity

At a time that fits your schedule
day, night, weekend availability

Get started using your school email

Experiencing a mental health crisis? Help is available 24/7/365
833.646.1526

If you are experiencing a medical emergency call 911.



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