MENTAL WELL-BEING AWARENESS WEEK

FEBRUARY 24-28

Monday, 2/24:
Counseling Services’ Screening Day: 11a-1pm, Havener Atrium
Mental Well-Being Ambassador Training: 4-6pm, Havener, dinner provided. Please RSVP to: minerwellness@mst.edu

Tuesday, 2/25:
Joe’s PEERS Pop the Stigma: Outside Havener, 11a-1pm
Delta Sigma’s Mental Well-Being & Mochas: Outside Havener, 11a-1pm

Wednesday, 2/26:
Lunch & Learn: 12-1pm, Norwood 208, mental well-being training, lunch provided
SUB Presents- Kevin Hines: 7:00pm, Hasselmann
Mental Well-Being Resources table: 4:30pm-6:30pm, Thomas Jefferson Hall

Thursday, 2/27:
Mental Well-Being info/giveaway table: 11a-1pm, Library
Resource Presentations: Learn about the resources provided for mental well-being and suicide prevention. 1pm, 1:30pm, 2pm, 2:30pm, Havener Shamrock Room 210, refreshments provided
Mental Well-Being Listening Session: Lead by StuCo and Joe’s PEERS- a chance for students to share their thoughts on mental well-being on campus; 6-8pm, Toomey 199

Friday, 2/28:
STEP UP! for Mental Well-Being info/giveaway table: 11a-1pm, Havener Atrium

Use #MinerWellness on social media during the week!

Presented By Miner Wellness
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