

DeAnza & Foothill College presents

MENTAL HEALTH AWARENESS WEEK

Join us and learn about issues surrounding mental health and how to take care of your mind!

Mon
5/9

Student Mental Health Panel

12-2pm

Hear your peers share their personal experiences with their mental health journey!

<https://bit.ly/3JVYoBd>

QPR Training

12-2pm

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

<https://bit.ly/37tF2WY>

Tue
5/10

Wed
5/11

Movies for Mental Health

11:30-1:30pm
Connect with yourself and others through films about mental health!

Mental & Physical Health Intersection Workshop

12-1 pm

Join us to explore how mental and physical health are connected, with Mindfulness and Pilates.

<https://bit.ly/3vxeDQ6>

Thurs
5/12

Fri
5/13

Active Minds w/ Abraham Sculley

12-1:30 pm

Come hear a black man's journey to reclaiming his mental health

<https://bit.ly/3Evaroj>