

MAY 18-21

Mental Health Awareness Week

MONDAY

MAY 18. 12-2 PM

Mental Health Panel

Hear the personal
journeys from your
peers' mental
health experience!

Click to join the zoom meeting!

<https://bit.ly/2xyaukY>

Password: Panel

TUESDAY

MAY 19. 12-2 PM

QPR Training

Get trained to
become a gatekeeper
to prevent suicide in
your community!

Click to register for the event!

<https://bit.ly/35yRlgF>

WEDNESDAY

MAY 20. 12-2 PM

Art with Impact

A virtual gathering
with short films
about mental health,
discussion,
resources, and
community!

Click to register for the event!

<https://bit.ly/2yyUIhl>

THURSDAY

MAY 21. 12-1 PM

Dr. Paul Marcille Living under lockdown: using technology in healthy ways

Learn suggestions from an
expert about how to use
technology in healthy ways
while sheltering at home!

Click to join the zoom meeting!

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

Password: Guest