DeAnza & Foothill College presents

MENTAL HEALTH AWARENESS WEEK

Mon 5/9
Student Mental Health Panel
12-1:30 pm
Hear your peers share their personal experiences with their mental health journey. https://bit.ly/3JVYoBd

Tue 5/10
QPR Training
12-2pm
Train to recognize suicidal thoughts and behaviors and be able to refer to professional resources https://bit.ly/37tF2WY

Wed 5/11
Movies for Mental Health
11:30-1:30pm
Connect with yourself and others through films about mental health! bit.ly/dfc-m4mho

Thurs 5/12
Mental & Physical Health Intersection Workshop
1:30-3:00pm
Join us to explore how mental and physical health are connected, with Mindfulness and Pilates. https://bit.ly/3vxeDQ6

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

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