

# 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**

**12-1:30 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](http://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>

