MENTAL HEALTH MONTH
2021 EVENTS & PROGRAMS

ORGANIZED BY
THE GSC

GRADUATE STUDENT MENTAL HEALTH IS INCREDIBLY IMPORTANT. PLEASE TAKE SOME TIME THIS MAY TO FOCUS ON YOUR MENTAL HEALTH AND WELLBEING.

MENTAL HEALTH RESOURCES & MATERIALS

Graduate Student Resource Guide
BREAKDOWN OF GRADUATE STUDENT RESOURCES

Mental Health Infographics
INFORMATION ON ANXIETY, DEPRESSION, BODY IMAGE, SLEEP, ETC

Letters to Strangers
SIGN YOURSELF OR A FRIEND UP TO WRITE OR RECEIVE AN ENCOURAGING LETTER FROM A STRANGER

WEEK 1
MAY 3 - 8, 2021
Suicide Prevention Workshop
5/3/21, 1-2:30PM EST

Deconstructing Mental Health Taboo in Underrepresented Communities
5/5/21, 3-4PM EST

Primary Care Orientation
5/6/21, 3-4PM EST

WEEK 2
MAY 9 - 15, 2021
(Virtual) Evening Yoga
5/11/21, 5-5:30PM EST

Connecting the Counseling Center with Underrepresented Communities
5/12/21, 3-4PM EST

Intuitive Eating Workshop
5/13/21, 4-5PM EST

WEEK 3
MAY 16 - 22, 2021
Random Acts of Kindness Bingo
ALL WEEK

Suicide Prevention Workshop
5/17/21, 1-2:30PM EST

Deconstructing Mental Health Taboo in Underrepresented Communities - 3
TBA

WEEK 4
MAY 23 - 29, 2021
Chill with the LGBTQIA+ Community
5/24/21, 6:30-8PM EST

"Plant" Good Vibes
5/25/21, 9AM-5PM EST

(In-person) Outdoor Yoga
5/29/21, 3-3:30PM EST