

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