











Mental Health Awareness Calendar of Activities

Monday May 6	Tuesday May 7	Wednesday May 8	Thursday May 9	Friday May 10
<p>MOVIE MONDAY! Student Center 12:30-2:30 <i>Inside Out</i> (Allison)</p> 	<p>Cute Animal Videos Student Center 11:00-12:00 (Julie)</p>  <p>Juggling! NPA Grass Area 12:42-1:15 (Ome)</p> 	<p>TAKE A WALK! Meet in Quad 11:30-12:30 (Sally)</p>  <p>MENTAL HEALTH MURAL Student Center (12:00-1:30)</p> 	<p>GUEST SPEAKER “How to Manage Anxiety” Student Center 12:30-1:30 (Jen & Shelly) What’s Up Wellness</p> 	<p>GAMES 12:30-1:30 Student Center (Allison)</p>  <p>TAKE A WALK! Meet in Lab 12:42-1:15 (Kelly)</p> 

Any Open Student Center time can be used for the individual activities. Videos/Resources:

I’m Fine – Teen Depression - https://www.youtube.com/watch?v=8g_kA2soWOo

How to Help Someone Who is Suicidal - <https://www.youtube.com/watch?v=CAMAnPRLMH8>

Hardwiring Happiness: Dr. Rick Hanson at TEDxMarin 2013 - <https://www.youtube.com/watch?v=jpuDyGgleh0&app=desktop>

Mindshift App for your phone: <https://kelymentalhealth.ca/blog/2013/06/mindshift-new-app-youth-anxiety>