

Mental Illness Awareness Week

October 7-October 11
2019

On-Campus Resources:

Care Team:

Contact: 817-735-2740

CareTeam@unthsc.edu

Student Food Pantry:

Location:

SSC 232 (Mon-Fri, 8a-5p)
& LIB 450 A (Mon-Fri, 7a-10p
Sat-Sun, 10a-10p)

WellConnect Student Assistance Program

6 Free counseling sessions to
students & same household
members, 24*7

Phone: 866-640-4777

Website:

<http://wellconnectbysrs.com>

Code: **UNTHSC**

October 7, Monday

101 Toolkit for Mental Health Support

Speaker: Dr. Emily Mire

IRB 230, 12-1 pm

Snacks Provided!

RSVP HERE!



October 8, Tuesday

Meditation Workshop

Facilitator: Geeta Verma from

The Art of Living

IREB 230, 12-1 pm

RSVP HERE!



October 9, Wednesday

Stop by our Table for Stomp
Out Stigma! LIB entrance
from 12-1 pm

Learn more about

Eating Disorders & Mental Health Resources

October 10, Thursday

Grief and Loss Handling

Speakers: Dana Minor and Gina
Brown from **The Warm Place**

IREB 240, 12-1 pm

**Lunch Provided for
first 25 people!**

RSVP HERE!



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SCIENCE CENTER

OFFICE OF CARE & CIVILITY