Suicide Prevention Week 2019

KICK OFF EVENT
Wednesday, September 10

World Suicide Prevention Day Working Together to Prevent Suicide
3-7pm on East Mall. Learn how you can play a role to prevent suicide. Visit interactive tabling displays for resources, prizes, and therapy animals.

Monday, September 16
Be Kind to Your Mind Fest
11am-1pm, Flawn Academic Center (FAC) Patio
Explore the different resources CMHC has to offer through interactive activities.

Tuesday, September 17
Lunch n’ Learn: Be That One Suicide Prevention
12-1pm, Student Activity Center (SAC) 2.120
Join this workshop to learn how to support someone who may be thinking about suicide. After this workshop, participants will be able to identify warning signs, learn more about campus resources, and be better prepared to intervene when someone is in distress.

Wednesday, September 18
Destigmatize Mental Health. Be an Ally.
8-9pm, Tejas House
Join this highly interactive discussion about mental health stigma and learn how you can be a mental health ally and advocate.

Thursday, September 19
Faculty and Staff Burnout Prevention Through Engagement and Self-Care
12-1pm, Student Services Building (SBB) 4.212
Dealing with intense interpersonal situations and workplace stressors can lead faculty and staff to feel exhausted, depleted, irritated at others, disillusioned, or less effective. The HealthPoint Employee Assistance Program will present on signs of burnout and initial strategies for individuals, supervisors, and workplaces to prevent burnout by increasing engagement and self-care. For staff and faculty audiences only.

Friday, September 20
Real Talk: How to Help a Friend in Distress
1-2pm, Gender and Sexuality Center (GSC)
Join the conversation about how to help a friend in distress during Feminist Friday at the Gender and Sexuality Center. This interactive workshop explores what you can say or do when you’re concerned about a friend’s mental health.

#UTSPW UT_CMHC utcmhc UT_CMHC

FREE food and shirts at all events while supplies last
More info at cmhc.utexas.edu

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If you need assistance or accommodation for this event, please contact Michele Emery at memery@austin.utexas.edu

The University of Texas at Austin
Longhorn Wellness Center
Counseling and Mental Health Center & University Health Services