Mental Health Awareness Week

April 2nd – 6th

Mental Health Awareness Week will be recognized on the ASC campus April 2nd – 6th and will include a variety of events. The week is developed for the purpose of increasing awareness of mental health concerns on ASC’s campus, reducing the stigma around mental health issues, and empowering the college community to seek the help that is necessary and available to respond to mental health issues.

Monday (4/2)

- “Don’t Change the Subject” – a documentary on suicide intervention
- 8 pm, Student Life Center

Monday/Tuesday (4/2 – 4/3)

- Training: Mental Health First Aid
- 8:30 – 3:30 pm (both days), SUB banquet rooms
- Training can be an excused absence with professor permission

Tuesday, Wednesday, Thursday (4/2 – 4/4)

- Voluntary & Anonymous Depression & Substance Abuse Screenings offered
- 10 am – 3 pm, SUB Solarium

Wednesday (4/4)

- Training: safeTALK
- 5 pm – 8 pm, SUB banquet rooms

Thursday (4/5)

- Training: safeTALK
- 8:30 am – 11:30 am, SUB banquet rooms
- Training can be an excused absence with professor permission

- Panel of Mental Health Professionals & Student Experience
- 12 pm – 1 pm, Carson Auditorium

For more information please contact Laurel Carter at laurelcarter@adams.edu, call the Counseling Center at 587-7746 or visit our website at counseling.adams.edu.