Mental Health Awareness Week

October 7-11, 2019

Monday, October 7th

Mental Health Personal Story-Telling
Gatton Business School. Room 434UV
12pm - 1:30pm
Lunch provided

Tuesday, October 8th

Mental Health Resource Fair
Ezra Gillis Front Lawn. 11am - 3pm
Partners: UK Counseling Center, Office of Institutional Diversity, Center for Graduate and Professional Development
Stop by for coffee/donuts

Self-Care Workshop
Frazee Hall Room 203. 12pm - 1pm
Partner: UK Counseling center
Lunch provided

Test Anxiety Workshop
Frazee Hall Room 203. 1pm - 2pm
Partner: UK Counseling Center

Wednesday, October 9th

Keynote: Della Mosley
Main Building, LEXMARK Room
12pm - 1pm
Partner: UK Black Graduate and Professional Students Association
Register at https://forms.gle/Ys2HFgHwAVqHkj728

Test Anxiety Workshop
Frazee Hall Room 203. 1pm - 2pm
Partner: UK Counseling center

Thursday, October 10th

Identity Energy Workshop
Ezra Gillis Building Room 104. 9:30 – 11am
Partner: UK College of Arts and Sciences
Breakfast provided

Mental Health Screening day
Gatton Student Center, William T Young Library, & Kentucky Clinic. 10am – 3pm
Partner(s): UK Counseling center

Friday, October 11th

Emotional Intelligence Workshop
Gatton Student Center: MLK center
12pm - 1:30pm
Partner(s): Society of Postdoctoral Scholars, Human Resources
Sign in with linkblue ID and earn credit!!
Lunch provided

Mental Health Celebration Gala
Alumni Gallery, William T Young Library 3pm - 4:30pm
RSVP at http://bit.ly/2mVC0DF

For more information visit www.uky.edu/gsc/2019MHAW