Mental Health Awareness Month

Mental Health First Aid Training

Sessions:

- Two half-day training—May 2 and May 4 from 8 a.m.–12:30 p.m.
  Location: Student Center, Room 101
  Light breakfast will be provided both days.
  Register at: https://www.eventbrite.com/e/mental-health-first-aid-training-tickets-33821570227
- Full day training—May 10—**This session is full!**
  Location: Ecolab, Lib 302
  Lunch will be provided.
  Registration is closed!

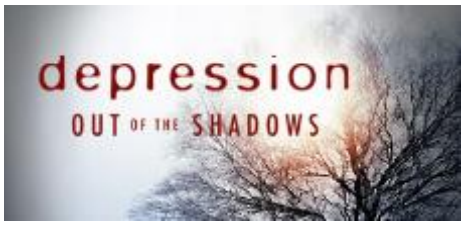
For more information visit: https://www.mentalhealthfirstaid.org/cs/

Yoga with Sue Fitzgerald

- Tuesdays—May 9, 16, 23, and 30
  Time: 4 p.m.–5 p.m.
  Location: Student Center, Room 101
  Come relax with yoga – bring your mat!

Depression- Out of the Shadows Film Screening

- Wednesday, May 17
  Time: 5–7 p.m.
  Location: Auditorium, Founders Hall
- Thursday, May 25
  Time: 5–7 p.m.
  Location: Auditorium, Founders Hall



Many Americans are keeping an important, possibly deadly secret: depression. Approximately 15 million American adults live with this devastating disease which affects all age, race, gender, and socioeconomic groups. Through the voices and stories of people living with depression and interviews with scientists, *Depression: Out of the Shadows* provides a portrait of the disease never before seen on American television.

For more information on these events contact: Healthcare and Wellness Services 651-793-1552 or Healthcare.Services@metrostate.edu.

Look for information from the National Alliance on Mental Illness (NAMI) on campus throughout the month of May!
NAMI will be at many campus events throughout the month.

This document is available in alternative formats upon request, by contacting the Center for Accessibility Resources, Accessibilty.Resources@metrostate.edu or 651-793-1549. Also, if you need disability-related accommodations, including parking, to make these events accessible, please contact the Center for Accessibility Resources.