

SEPTEMBER 8-14, 2013

UNPACK YOUR TROUBLES



Suicide Prevention Week

FREE EVENT

WELLNESS ACTIVITY DAY

Tues. Sept. 10 / 11am–2pm / Student Union Lobby

Healing Art Activity, Yoga and Mindfulness, Nutrition Demonstration, Mental Health Awareness Resources, Games and Prizes

FREE EVENT

CAMPUS SPEAK SPEAKER: ROSS SZABO

BEHIND HAPPY FACES: TALKING ABOUT MENTAL HEALTH

Tues. Sept. 10 / 7pm / Doors open at 6:30pm

Woldman Theater – 112 Norton Hall (North Campus)

Ross is an award winning speaker, author and social innovator who pioneered a new way to help young people take charge of their mental health. His program educates students about mental health issues, suicide and coping.

Arrive early, seating is limited. Advanced reserved seating for faculty/staff bringing classes/students or groups is available by contacting Carissa Uschold at uschold@buffalo.edu

FREE EVENT

QPR: QUESTION, PERSUADE, REFER SUICIDE PREVENTION TRAINING

Thurs. Sept. 12 / 10am–12pm / Student Union 250

This training assists participants in learning to recognize the warning signs of suicide and ways to effectively help someone in need. Register online at student-affairs.buffalo.edu/shs

OUT OF THE DARKNESS WALK

Sat. Sept. 14 / 10:30am (registration begins at 8:30am)

Delaware Park (near Buffalo Zoo)

Join the UB Walkin' Team, create your own team, or make a donation at goo.gl/iDFqrZ

ONGOING PROGRAMS

Wellness Grants for Student Organizations

Does your student group have a program or idea to promote healthy lifestyles and/or increase awareness on suicide prevention? You may be eligible for grant money. Apply today!

Don't Cancel That Class

Attending a professional meeting? Family obligations? We can cover your class and present on a topic relevant to college students.

On-Line Screenings for depression, anxiety, eating disorders, bipolar disorders and alcohol misuse are available through the Counseling Services website.

Visit counseling.buffalo.edu to access these helpful online tools and obtain resources.



Student Wellness Team

WELLNESS.BUFFALO.EDU/SUICIDEPREVK