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Mental Health Week Promoted Awareness on Campus

Summary: Student and campus organizations recently hosted a week of events highlighting the effects of stress, depression, and anxiety on student mental health.

(October 25, 2012)-The University of Minnesota, Morris recently hosted Mental Health Awareness Week, a series of events aimed at drawing attention to the effects that stress, depression, and anxiety have on student life. The week-long event was organized by the Morris Campus Student Association (MCSA) and supported by many student and campus organizations.

Mental Health Awareness Week began on Monday, October 8, with an event called “Send Silence Walking.” In an effort to draw attention to the nearly 1,100 college-age students who commit suicide each year, one thousand shoes were placed on the campus mall. Shoes were donated by students in Clayton A. Gay Hall and David C. Johnson Independence Hall. Residents of the two halls competed to collect the most pairs.

“I wanted the event to inspire and encourage students to seek help when they need it,” says MCSA representative Hazen Fairbanks.

Events continued on Tuesday, October 9, when Counseling Services provided mental health screenings to students. The screenings were followed by a World Cafe discussion of mental health resources available on campus. On Wednesday, October 10, there was a screening of A Reason to Live. Events on Thursday, October 11, and Friday, October 12, included discussions of relaxation techniques and the effects of food on the mind as well as tips on “Beating Blues.”

Mental Health Awareness Week was sponsored by MCSA, the Office of Residential Life, Counseling Services, the Office of Academic Success, Rodney A. Briggs Library, Peer Health Educators, Psychology Club, Disability Alliance, Foodlums, Art Club, and E-Quality.

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