



MAY

EVENTS

Journal to Self-Care

May 1st | noon - 1pm | MET Lobby
Join the OCC and CAP in kicking off Mental Health Awareness Month with journal to self-care! We will have journals, pens, and other goodies to help show you how journaling is a mindfulness practice set to uplift you and your wellbeing!

Pawsitive Practice

**May 7th | 10:30am - 12:30pm |
MET Lawn**

Join OCC, FAC, and Cowtown Friends of FWACC for a study break with snacks, puppies, volunteer activities, and puppy yoga!

Scan to
RSVP for
events



PRIORITIZE YOUR WELLBEING DURING FINALS WITH THESE TIPS:

Embarking on the journey beyond graduation can be both exhilarating and daunting. As you step into the professional world, it's essential to equip yourself with the tools not only for a successful job search but also for maintaining your wellbeing. Scan to watch the **Be|Well and Career Readiness' presentation** designed to guide you through this crucial phase in your life!

Follow our socials



Keep up with
@HSC.BEWELL on IG



Follow OCC's
Facebook page



Catch up with our
on-demand videos
on YouTube

MAY IS MENTAL HEALTH AWARENESS MONTH

Supporting your mental health in a changing world

1 in 5

HSC students have
been diagnosed with
depression at some
point in their lives

1 in 4

HSC students have
been diagnosed with
anxiety at some point
in their lives

Everyone faces challenges, and our HSC students are no exception.

This May, join us in **advocating** to improve mental health for everyone, **building** our personalized coping toolboxes, and **learning** to cope in a stressful, changing world.

Scan to take a
mental health
screening



If you are struggling or in crisis, help is available.

Call or text 988 or chat at 988lifeline.org.

You can also reach Crisis Text Line by texting HELLO to 741741.

You can also reach out to the **HSC Care Team** at 817-735-2740, careteam@unthsc.edu, or schedule an appointment through Symplicity.