

In recognition of May being
National Mental Health Awareness Month
the UNC

Department of Pharmacology

is launching the 1st annual

Mental Health Awareness Week

Monday, May 18 - Friday, May 22, 2020

Zoom links will be emailed prior to events

Mon., May 18, 2020: 2 - 3 pm

*Facilitator: Mary Beth Hernández
(UNC Public Health/Cert. Yoga Instr.)*

Mindfulness & Yoga

Tues., May 19, 2020: 2 - 3 pm

*Facilitator: CAPS
(Kyle Alexander & Elizabeth McIntyre)*

**Fact or Fake News:
Myths about mental health**

Wed., May 20, 2020: 2 - 3 pm

*Facilitator: Alison ("Allie") Schad
(UNC School of Medicine)*

**A conversation about anxiety,
depression & suicidal thoughts
with a mental health professional**

Thurs., May 21, 2020: 2 - 3 pm

*Facilitator: Nicole Cornett
(Student Services Mngr, PHCO)*

Virtual Vision Board

Fri., May 22, 2020: 2 - 3 pm

*Facilitator: Ashalla Freeman
(UNC OGE & IMSD office)*

Imposter Syndrome Workshop