

Mental Well-being on Campus

The Hybrid Forum for You

Wednesday, 18th October 2023

10 am to 12 am

„AUTHENTIC,
EXCITING,
REASSURING.“

Come and join us!
Feel free to stay
anonymous!

Input (90 min.) + sharing experiences

Participants: 20–100

- ▶ Get to know typical warning signs of mental health issues.
- ▶ Critically look at the prejudices relating to mental illness.
- ▶ Find out who and what can help, what makes you strong and what you need to master a crisis.
- ▶ Get to know support and counselling services on campus.
- ▶ Ask what you've always wanted to know about the topic.

Feel well informed + encouraged +
connected.

Thousands of students have already
participated.

A programme by:

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www.irrsinnig-menschlich.de/en

This is where we'll meet:

Audimax

or online

<https://moodle.hs-nordhausen.de/course/view.php?id=9949>



Host:



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