

Active Minds presents *Newsletter*

October 2024 edition



Hello everyone! Welcome back to Active Minds at UM for the Fall 2024 session! We hope you're loving the weather so far—fall is here, and it's the perfect time to reset and take care of yourself. We're excited to have you join us as we embark on another year of advocating for mental health awareness, education, and support on campus.



In today's newsletter, we will cover...

- Introduction of our executive team
- Discussing about the World Mental Health Day and World Mental Health Month
- ADHD Awareness Month
- Upcoming Events and Resources

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Introduction of our executive members



- Bailey Hendry & Bryanna Barker (Chapter Advisors)
- Gurpahul Kaur (President) , She/her , Psychology
- Pauline Lucena (Vice-President), She/her , Sociology
- Kanza Ayesha Kamal (Director of Finance), She/her , Actuarial Science
- Shalina Abrar (Logistics Coordinator), She/they, Physics and Astronomy
- Sofiyyah Kelani (Logistics Coordinator), She/her, Faculty of Arts
- Ashmeet Hora (Secretary), She/her, Nursing
- Jenny Cong (Secretary), She/her, Faculty of Arts
- Dianne San Juan (Outreach Coordinator), She/her, Psychology
- Clifford Emelumba (Events Coordinator), He/him, Theater
- Oluwatofunmi Eludipo (Events Coordinator), She/her, Genetics
- Oyinkansola Ilesanmi (Photographer), She/her, engineering
- Irtiza Zawad Ali (Photographer), He/him, Mechanical engineering
- Vida Dana (Social Media Coordinator- Instagram), She/her, Microbiology
- Nehemiah Kayode (Social Media Coordinator- Instagram), he/him
- An Ly (Social Media Coordinator- Discord), She/her, Mathematics
- Arshmeet Singh (Social Media Coordinator- Discord), He/him, Mathematics
- Ramatjyot Singh (Webmaster), He/him, Computer Science
- Krish Bhalala (Webmaster), He/him, Computer Science
- Rania Hamdun (Research Liaison), She/ her, Psychology
- Vidhi Nolkha (Research Liaison), She/her, Psychology
- Areeba Habib (Research Liaison), She/her, Psychology
- Neha Saru Magar (Podcast Coordinator), She/her, Accounting and Finance

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So, what is the Importance of World Mental Health Day and World Mental Health Month and why we celebrate?



World Mental Health Day, which is celebrated on October 10th worldwide and the month of October is observed as the World Mental Health Month. The importance of these observances cannot be ignored as they help to bring about awareness and lessen the stigma related to mental health illness.

These celebrations also enable many to openly share what they are going through, regarding their mental health or rather seek help in case it is required. In addition to that, they also help a great deal in alleviate mental illness by informing the public about it and the ways to identify and assist those who have issues. Places and events like this remind people of the importance of mental health to that of physical health encouraging people to prioritize mental health not only at clinics and hospitals but schools and work places too. These actions and events also call for improved mental health services, changes in policies and better support structures around the world which causes effective change where people can find help and treatment they require.

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ADHD Awareness Month and The Orange ribbon



October is recognized as ADHD Awareness Month. This month is set apart for creating awareness about Attention-Deficit/Hyperactivity Disorder (ADHD) and its effects on people and families. In this month, the public gets a chance to know more about ADHD, seek a revision of stereotypes, and endorse acceptance.

The ribbon at the center of the symbol of awareness for ADHD is orange, showing the power possessed by people with this condition. The behavior and campaigns of wearing an orange ribbon contribute to the awareness through advocacy such as denying stigma regarding ADHD and pushing for appropriate services for patients with it. During ADHD Awareness Month, we work together to create a more understanding and kind society.

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As we conclude this newsletter, we do want to welcome y'all to join us for our second annual fun-filled Mental Health Trivia and Dinner Night.



Join us for Mental Health Trivia and Dinner
hosted by UPSA & Active Minds.

Date: October 21st

Time: 5:30 to 8:00 p.m

Location: TBD

You can register using the QR code beside!

To stay up to date on our events and meetings, join our Discord Server (which is under revamping), Telegram GC and follow us on our Instagram.

