

# Active Minds

# 1<sup>st</sup> Annual Mental Health Awareness Week

## October 27 – October 31, 2008

**Join us next week in the West and Main malls for activities focused on promoting mental health awareness and relevant resources on campus. Stop by our table in the West Mall for information, a calendar of events, and prizes!**

**Monday:** “Comfort Food” night at Kinsolving Dining Hall, 5-7pm

**Tuesday:** Fun Day on the Main Mall! Recess activities like SkipIt, hoola-hooping and jump roping to promote stress relief. 10am – 2pm

**Wednesday:** ScreamFest. Join us for a collective scream at 12:55pm. Once the tower bells chime 1pm, we’ll scream in unison as a way to relieve the stress of midterms season.

**Thursday:** Unveiling of displays of PostSecret submissions around campus

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**Active Minds at UT** is a new student organization dedicated to mental health advocacy in the campus community. We seek to reduce the stigma around students seeking help for mental health issues and raise the level of dialogue about mental illness through events and other outreach tools. We’re the only UT student organization with this main purpose, working in partnership with campus resources, including the UT Counseling and Mental Health Center, as well as the national Active Minds chapter.

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**If you’d like to help promote the cause of mental health awareness at UT, consider joining Active Minds!**

We meet weekly on Mondays at 7:00pm in Garrison 0.128. Everyone is welcome! You can contact Joe Grasso with questions or to inquire about membership at [J-Grasso@mail.utexas.edu](mailto:J-Grasso@mail.utexas.edu)

Join our Facebook group: Active Minds – UT Chapter

## **PARTICIPIATE IN UT's LIVE VERSION OF "PostSecret"!**

Design your own confessional postcard and return it to a drop-box at our table in the West Mall next week between Monday and Wednesday. Next Thursday, we will display collages of everyone's submissions with the purpose of showing UT students that they're not alone in their thoughts.

**All submissions will be  
anonymous.**