

Mental Health Awareness Workshop for Students

Objectives

The objectives of this mental health awareness workshop are designed to help students understand, value, and actively care for their mental well-being. The workshop aims to create a supportive, informed, and stigma-free learning environment.

- To increase awareness and understanding of mental health and emotional well-being among students.
- To help students identify common mental health issues such as stress, anxiety, depression, and exam-related pressure.
- To reduce stigma, myths, and misconceptions related to mental health problems.
- To encourage students to express emotions in a healthy and positive manner.
- To educate students about early warning signs of mental health challenges in themselves and others.
- To promote healthy coping strategies such as mindfulness, relaxation, time management, and self-care.
- To build resilience and emotional strength to handle academic and personal challenges.
- To improve peer support and empathy among students.
- To inform students about when and where to seek help, including counselors, teachers, parents, and helplines.
- To motivate students to maintain a balanced lifestyle including proper sleep, nutrition, physical activity, and social connection.

By achieving these objectives, the workshop aims to empower students with knowledge, skills, and confidence to take care of their mental health and support others.