



May
2025

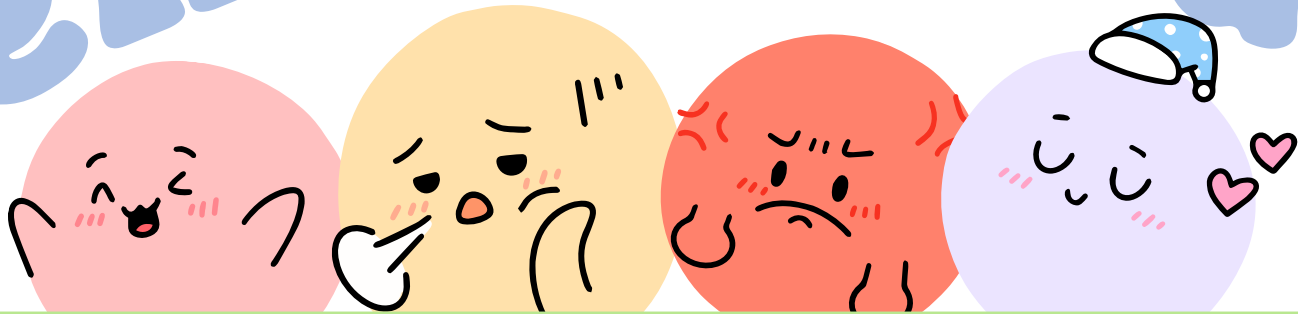


STALL NEWS

FOR YOUR HEALTH & WELLNESS

Student Health &
Wellness Center
(behind the Library)
Health Services
OPS 126

May is Mental Health Awareness Month



AWARENESS MONTH

ABOUT YOUR MENTAL HEALTH



Affects Your Daily Life

Mental health plays a role in how you think, feel, and behave. It influences how you feel about yourself and others, and how you cope with life's challenges.



Helps You Handle the Real Stuff

It effects how you handle stress, relationships, and making important life decisions.



As Important as Physical Health

Just like physical health, mental health is something we all have—and it deserves care, attention, and support.



Your emotions are not too much. They are just trying to tell you something



Suppressing it?
It doesn't go away—it just waits until 2AM.
(Been there, cried that.)

You don't have to fix the feeling. Just feel it. That's where healing starts.



STUDENT HEALTH & WELLNESS CENTER

Physical & Mental Health Services

FREE | Walk-Ins & Appts. Welcome



For more information and to make an appointment, scan here!



LET'S PAINT THE WORLD WITH AWARENESS AND UNDERSTANDING