

Wellness Events Autumn 2024

09/19

Green Bandana: Suicide Awareness

How to be part of ending the stigma against mental health and learn about suicide prevention

09/24

When Your Mind Goes Blank: Test Anxiety

Tips and tricks to reduce test anxiety

10/08

What's Up with Drugs and Alcohol?

About substance misuse and how to talk to someone about it

10/24

Let's Skip the Drama: Relationships

Discuss healthy and unhealthy relationships and boundaries

11/14

Understanding Eating Disorders

About types of disordered eating, body image, and how to talk with someone about it

All events take place from 12:40-1:30

in Ovalwood 100

**Counseling and Consultation
with New Directions Student
Assistance Program
Call 419-529-9941 with any
questions**