

Mental Wellness and Coping during Challenging Times: Resources for Faculty, Staff, and Students

Fall 2021

Friday, October 29
11:30 am–12:45 pm
Online Event

During challenging times, it is especially important for members of our university community to know how to help ourselves and each other. This presentation will discuss:

- mental health trends relevant to university faculty, staff, and students, and overview resources for accessing support
- mental health resources available to UH Mānoa students
- best practices for discussing mental health concerns with students and referring them to these resources when appropriate
- mental health resources available to faculty and staff
- methods for maintaining mental health and self-care during challenging times

This workshop will be provided by a licensed faculty psychologist from the UH Mānoa Counseling and Student Development Center (CSDC) and participants will be welcome to ask questions.

PRESENTED BY

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Register Online

www.cte.hawaii.edu/events.html

