



Spring 2024 Digital Mental Health Events for Students

The Universities of Wisconsin are thrilled to partner with [Mantra Health](#), an evidence-based mental health provider, to offer students free mental health webinars.

It's always a great time to start working on your mental well-being, so don't miss this excellent opportunity to learn about mental wellness strategies and the support services available to you.

Here's a look at the sessions:

Destigmatizing Mental Health Care

Wednesday, February 21, 2024 at 12 pm CT

Mental health has widely been stigmatized throughout the world. Many individuals fail to seek treatment because they internalize needing mental health support as a sign of weakness. In this workshop, you will gain a deeper understanding of mental health. We will discuss the importance of taking care of your mental health and supporting your peers. You will learn about valuable strategies to help identify mental health problems and ways to destigmatize the ongoing negative mental health perception. [Register Here.](#)

Suicide Prevention Training

Thursday, April 4, 2024 at 3 pm CT

This workshop provides an overview of suicide prevention. Participants learn about the nature of suicide, suicide related statistics, suicide risk factors, and invitations. [Register Here.](#)

