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Mental Health Awareness Panel

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Wednesday, December 9, 2015

Mental Health Awareness Panel:

Dear Students,

This semester has been emotionally challenging for all of us. Losing a loved one or friend is never easy. Knowing how to handle stress, especially this time of year, is also difficult. But, we want you to know that you are not alone at UNI.

At 7 p.m., tonight, in 115 Seerley there will be a Mental Health Awareness Panel. The panel includes students who will discuss their own struggles with mental health. Counselors and other staff will be in attendance.

If you have questions about the resources available at UNI, want to hear the stories of others or want to support your peers, please consider attending the panel this evening.

We hope to see many of you there.

Bill Ruud
President

Northern Iowa Student Government