

# Mental Well-being on Campus

## The Online Forum for You

Tuesday, May 31, 2022

4:00 – 6:00 p. m.

Input (90 min.) + sharing experiences

Participants: 20–100

„AUTHENTIC,  
EXCITING,  
REASSURING.“

Come and join us!  
Feel free to stay  
anonymous!

- ▶ Get to know typical warning signs of mental health issues.
- ▶ Critically look at the prejudices relating to mental illness.
- ▶ Find out who and what can help, what makes you strong and what you need to master a crisis.
- ▶ Get to know support and counselling services on campus.
- ▶ Ask what you've always wanted to know about the topic.

**Feel well informed + encouraged + connected.  
Thousands of students have already participated.**

**Now we look forward to meeting you!**



A programme by:

**IRRSINNIG ] [ MENSCHLICH**

[www.irrsinnig-menschlich.de/en](http://www.irrsinnig-menschlich.de/en)

This is where we'll meet:

<https://us02web.zoom.us/j/83610951393?pwd=yzb-i5vRaLuNZns3cXjITAlkoTlCXJ.1>

Meeting ID: 836 1095 1393

Meeting password: 658486

**Host:** University of Potsdam

