

#SeaGulls4Hope

IT'S REAL: COLLEGE STUDENTS AND MENTAL HEALTH

VIRTUAL FILM & DISCUSSION

Scan QR code to register



Friday, April 2, 2021
3 p.m.



Saturday, April 17, 2021
11 a.m.

This American Foundation for Suicide Prevention-produced documentary conveys that depression and other mental health conditions are real illnesses that can be managed through specific treatments and interventions. It encourages students to be mindful of the state of their mental health, to acknowledge and recognize when they are struggling, and to take steps to seek help. Participants discuss how to protect their mental health during challenging times.



SAVE
-the-
DATE

Join SU's Hope Walks Here Inaugural Maryland
Virtual Out of the Darkness Campus Walk,
Friday, April 23, 2021.

Learn More & Register: afsp.donordrive.com/team/SU



If you are in crisis, call the **National Suicide Prevention Lifeline** at **1-800-273-TALK (8255)** or contact the **Crisis Text Line** by **texting TALK to 741741**.

Salisbury
UNIVERSITY

Questions? Olisa Umeka • 410-543-6070 • swcounseling10@salisbury.edu
Sponsored by SU Student Counseling Center

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