

“Mental Health and Wellness in Your World”

Booth Competition

October 8th, 2007 - U.C. Ballroom

Objectives:

- ♦ Promoting wellness, mental health awareness and suicide prevention to the campus community.
- ♦ Demonstrating how cultural influences impact mental health and wellness.
- ♦ Creating collaboration among students, faculty and staff.
- ♦ De-stigmatizing mental health issues.

For More Information and to Register for the Booth Competition, go to the Counseling Center website at: utk.edu/counselingcenter.com and click on the VolAware logo.

Prizes Will Be Awarded!

Sample ideas:

- ♦ Wellness in my culture (i.e., wellness in Japan, wellness in residential life, wellness in athletics)
- ♦ Mental health issues faced by ... (i.e., athletes, college freshmen, medical students)
- ♦ *Your field* as a way of dealing with wellness (i.e., nutrition and the impact of food on mood, dancing as a means to increase wellness)
- ♦ Ideas for addressing suicide prevention (i.e., a department's experience in receiving QPR training)
- ♦ Issues of suicide in my culture (i.e., myths about suicide and Indian students, suicide trends in college students)