

Mental well-being in higher education

Interactive Virtual Workshop
on Maintaining your Mental Health



Thousands of students
have already attended
our forum.
Now we look forward
to welcoming you!

STUDYING WELL.
OVERCOMING CRISES.
LIVING A SATISFYING LIFE.
CAN I HAVE IT ALL?
OF COURSE!

Wednesday, February 3, 2021
2:00 PM – 3:30 PM EDT

Here we meet:

<https://us02web.zoom.us/j/83890185118?pwd=S1JsSkZ1aThjMHJML3pVUFhMZCsydz09>

Meeting password: 066588

Host:

Erfurt University

Supported by



The University of Erfurt and Irrsinnig Menschlich invite you to discuss the big and small questions about mental health during your studies.

What awaits you:

- Getting to know the warning signs of psychological crises
- Looking critically at anxieties and prejudices relating to psychological crises.
- Finding out who and what can help, what makes you strong and what you need to master a crisis.
- Tips on dealing with stress, exam anxiety ...
- Discussing how you can create an atmosphere in your university where it goes without saying that mental health issues are openly spoken about and solutions are looked for together.

You will get to know people who have overcome psychological crises, who live successful and fulfilling lives and who want to share their life experiences with you, so that you are well-equipped to live your life!

Number of participants: 100

Duration: 90 min

About Irrsinnig Menschlich e.V.:

Mental illnesses often already begin in the teenage years. Yet frequently years pass until those affected look for help. The biggest barrier is the fear of being stigmatized. We reduce these delays through our prevention work in schools, in higher education and in the workplace. We help young people to recognize their need earlier, not to hide themselves away, and to accept help.

www.irrsinnig-menschlich.de

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