

# Mental Well-being on Campus

## The Online Forum for You

**Wednesday, December 10th, 2025**

**5:00 – 7:00 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 j[ MENSCHLICH**

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

This is where we'll meet:

<https://us02web.zoom.us/j/88633947150?pwd=sjqsJ6WaMBPwaPUkS8Kv2Cet5YFBN8.1>

Meeting ID: 886 3394 7150

Meeting password: 930496

**Host:** Universities Thüringen