



Mental Well-being in Higher Education

Interactive Virtual Workshop
on Mental Health



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

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

We invite you to open the conversation on the small and bigger questions on mental well-being at university.

What to expect:

- Getting to know the warning signs of mental illness and crises
- Shedding some light on fears and prejudices concerning mental illness
- Finding out who and what can help, what makes you strong and what you need to master a crisis
- Discussing how you can create an atmosphere in your university where it goes without saying that mental health is openly spoken about and solutions are looked for together

You will get to know students who have mastered crises, live successful and fulfilling lives and who want to share their experiences with you. Let us learn from each other.

Number of participants: 100

Duration: 90 min. + Exchange of experiences

About Irrsinnig Menschlich e.V.:

Mental illnesses often already have their onset throughout teenage years. However, too many years pass until those affected seek help, mainly because of their fear of being stigmatized. Through our prevention work in schools, in higher education and in the workplace, we aim on reducing this gap. We support young people in recognizing signs and need for professional help earlier, to open up and to accept help.

www.irrsinnig-menschlich.de

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