

# BE | WELL WEEK

## FEBRUARY

**27**

monday

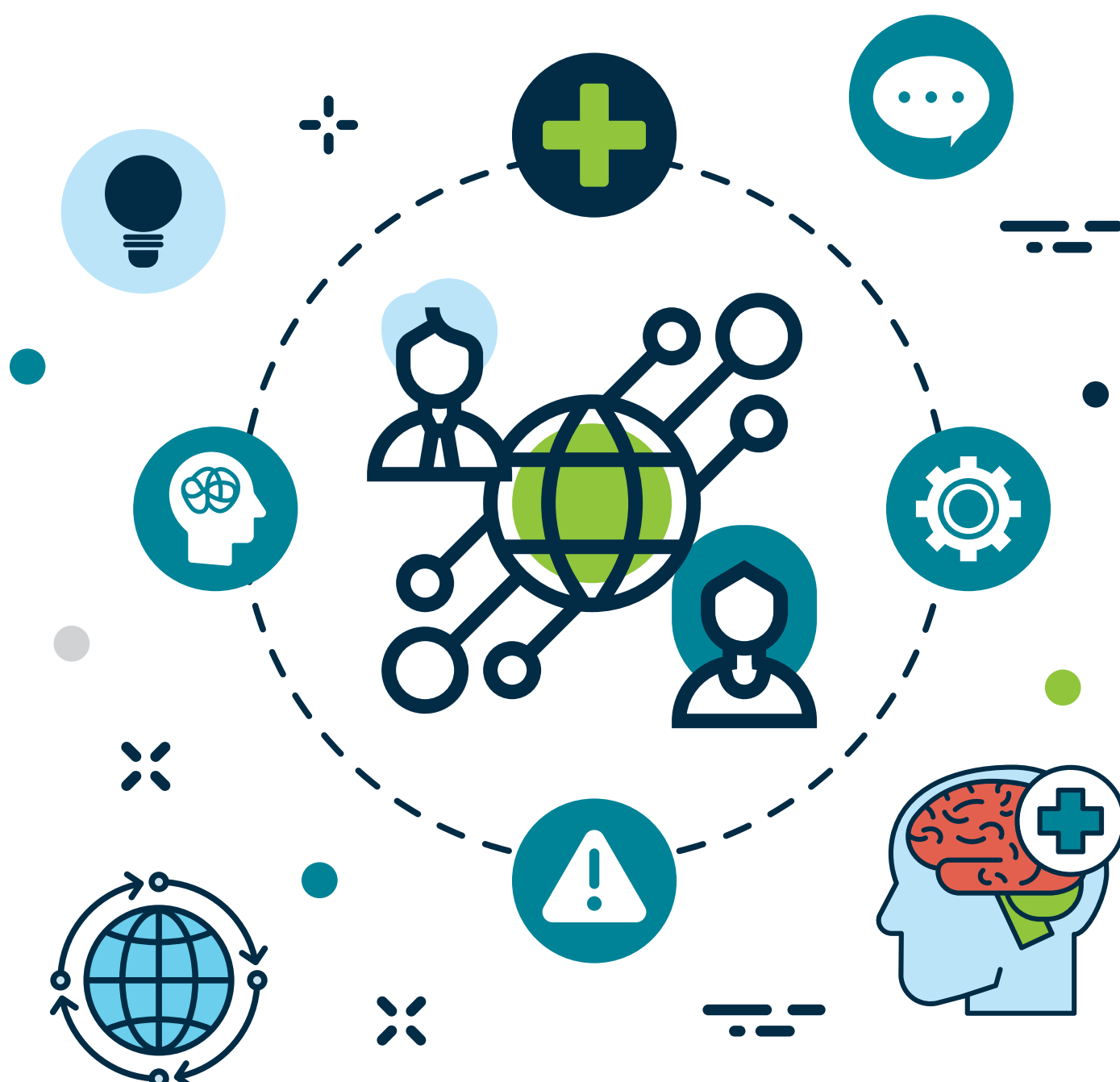
### Emotional and Mental Health Awareness for International Students

Adjusting to life in a new country with a different culture can be stressful for students. Join International Services for an online presentation introducing mental health concepts for international students in the US. The event seeks to demystify a complex topic by covering mental health awareness and warning signs, dispelling myths and showing ways to seek treatment. Whether you need information or want to serve as a resource, this event is designed with you in mind.

Time: **Noon–1:00 p.m.**

Location: **Online**

HSC Well-Being Domain(s): **Knowing Yourself, Working with Others, & Navigating Individual Needs**



[unthsc.edu/students/wellbeing-qep](https://unthsc.edu/students/wellbeing-qep)

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