World Suicide Prevention Week
November 26—29, Monday-Thursday

Keynote Speaker: Jordan Burnham: Life After the Fall
A college student, athlete, & suicide survivor shares his story with college students throughout the United States. This is Jordan’s 2nd year coming to the University at Albany. His inspiring words are changing the conversation about mental health.
Performing Arts Center, Recital Hall
Wednesday, November 28, 7 PM
Fun Giveaways For All Who Attend!!

Come visit our interactive exhibit table!
Informational Materials, Depression Screens, & Fun Games and Giveaways...
November 26-28, Mon.-Wed., 12 - 3 Campus Center Lobby (by small fountain)

HAPPIER?
Can you learn to be happy?
The answer is YES!
Come learn some “tricks” to increase your happiness.
Tuesday, November 27th, 7 PM, HUMANITIES 354
With Fun Giveaways....

Mindfulness 101
Have you ever felt SO STRESSED that you couldn’t concentrate?
Do you wish you ENJOYED the things you do more?
Join us for a workshop to help you learn how to de-stress, increase focus, & find more fun in life!
Thursday, November 29th
7 PM, Humanities 354

With generous support from: University Auxiliary Services & The Office of the Vice President for Student Success

For more info., please see the Counseling Center’s website @ albany.edu/counseling_center/

You are not alone.
Know the signs. Seek help.
Reach out.

CHECK HIM OUT ON YOUTUBE
http://www.youtube.com/watch?v=pAE12hdQ9ok