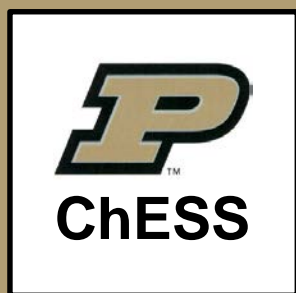


What are warning signs that someone is struggling with a mental health concern? **How can you best advocate for yourself and others?** How can you best care for others who are undergoing a mental health concern? **How can we make mental health a more comfortable topic of conversation?** How can you best care for yourself when dealing with a mental health concern? **What are common misconceptions about mental health?**

If you have questions, we have answers.



Mental Wellness

ChESS is a **student led** seminar series with the goal of **improving** the safety culture in the School of Chemical Engineering through **case studies** and **panel discussions**.

WITH SPECIAL GUEST SPEAKERS FROM



Thursday, December 12th
11:30 – 12:30 AM
Location : **FRNYG124**

Free Food



Contact : Jonathan Turnley
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