

Fresh Check Week

UNH Manchester promotes mental health resources and suicide prevention, March 15-19

Monday, March 15, 2021

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[UNH Manchester](#)'s Office of Student Engagement is hosting a series of virtual and in-person events this week in recognition of National Fresh Check Day, which focuses on uplifting mental health promotion and suicide prevention at colleges. These events aim to create an approachable, hopeful atmosphere where students can engage in dialogue about mental health as well as build a bridge between students and the mental health resources available on campus, in the community and nationally. Here is the schedule of events taking place March 15-19:



All Week

#ISeeATherapist

Aimed at reducing the stigma around mental health counseling, we are asking the community to anonymously share why they have seen a therapist. At the end of the week, we will share a banner of support with the community. To participate, scan or [click the QR code](#) or stop by the Welcome Booth in the UNH Manchester lobby.

Tuesday, March 16

Welcome Booth | 11 a.m. - 2 p.m.

Stop by the table in the UNH Manchester lobby to pick up a bag of swag, get some knowledge and learn more about upcoming events.

THRIVE with the PALs Tues | 12-1 p.m.

Zoom meeting ID: [765 642 2844](#)

Add a bit of positivity to your day-to-day life by practicing gratitude, which can help increase your positive outlook on things. Whether it is a good friend, an amazing skill you possess or even a pint of your favorite ice cream, there are many things that one can be grateful for. We hope to see you at our THRIVE event to explore different ways of showing gratitude.

Thursday, March 18

UpLift with the PALs | 12-1 p.m.

Zoom meeting ID: [978 3900 4959](#)

There are many different ways to embrace self-care. Join your Peer Assistant Leaders (PALs) Jake, Freddy and Ally for a group activity focused on self-care and action planning. We will end with a group meditation hosted by Stephanie Kirylych from Academic Advising.

9 Out of 10 Thurs | 2:30-3:30 p.m.

Did you know one of 10 college students contemplates suicide? That means nine out of 10 students can help. Know the signs and learn about your resources by following the Office of Student Engagement's [Instagram posts @unhm.ose](#) all week. On Thursday at 5:30 p.m., we will be on [Instagram live](#) asking questions and giving away prizes.

UNH MANCHESTER



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The stories are written by the staff of [UNH Communications and Public Affairs](#).

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