

## Mental Health Matters at CMU

The CMU Counseling Center invites you participate in **Mental Health Matters**.

As we begin a new academic year and recognize the toll of the challenges we have faced during the past 18 months, it is important to attend to our mental health and wellbeing.

Taking care of ourselves and others is something we do at CMU, as students, faculty, staff, and alumni.

### Details:

- **Mental Health Matters** is a week-long campaign to raise awareness and stress the importance of mental health in recognition of World Mental Health Day
- Students, faculty, staff, and alumni are invited to write **how they take care of their mental health** on a flag which will become a part of a campus display.  
Take a few moments as a team, RSO, committee, department, office etc. to do this together or do one on your own
- Post a selfie or group photo of you and your flag
  - tag the Counseling Center on Instagram (@cmucounseling)
  - use hashtags #MentalHealthMattersAtCMU and #LifeAtCentral
  - or email your photos to [counsel.cmich.edu](mailto:counsel.cmich.edu) and we will post them on our channels
- Flags will be planted along the corridor between the Park Library and Fabiano Gardens, by Counseling Center staff and volunteers, during the week of October 18, 2021
  - Your group is welcome to plant your own flags, if desired
- During the week of October 18, there will be opportunities for individuals to complete and display a flag.

### How to Get Involved

- Request flags for your group through the following form: [CMU Counseling Center](#)  
Flags are available for pick up or delivery beginning Monday, September 27, 2021  
Flags can be dropped off at the Counseling Center or will be collected by Friday October 8, 2021
- Visit the flag display during the week of October 18, 2021
- Make a plan for taking care of your own mental health and wellbeing
- Reach out and support others as they do the same

**We look forward to our CMU community coming together to promote taking care of ourselves and others mental health and well-being.**

