UNIVERSITY MENTAL HEALTH DAY
MARCH 7 2019
To mark this year’s University Mental Health Day, the Birkbeck Wellbeing Services in conjunction with Camden CCG and UCL, will be creating a space for you to think about your own physical and mental health and how best to support it.

We will be in UCL Student Centre on Gordon Street on March 7th from 3-7pm. Events planned during the day include:

- Healthy food businesses including an Abel & Cole prize draw
- A chef demonstrating how to make healthy food
- A pair of Move ‘n’ Smooth smoothie-making bikes
- The Mind Body Matters programme
- Alcohol Awareness
- and lots of information about wellbeing.

Additionally, in the week leading to University Mental Health Day, the counselling service will be delivering two workshops:

**Monday 4 March**
STRESS-LESS: Exam stress focus - 15:00 to 17:00, room MAL G13

**Wednesday 6 March**
RESILIENCE: Get Ready for the Exam Period - 15:00 to 17:00, room MAL G20 HUB

Advanced booking encouraged via:
http://www.bbk.ac.uk/counselling-services-workshops