



**Birkbeck**  
UNIVERSITY OF LONDON

# UNIVERSITY MENTAL HEALTH DAY MARCH 7 2019



**NHS**

**U'n'I**  
**HEALTH &  
WELLBEING**

@health4uni - #health4uni

IN COLLABORATION WITH:

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UNIVERSITY  
OF LONDON

**WELLBEING SERVICES**  
**LONDON'S EVENING UNIVERSITY**

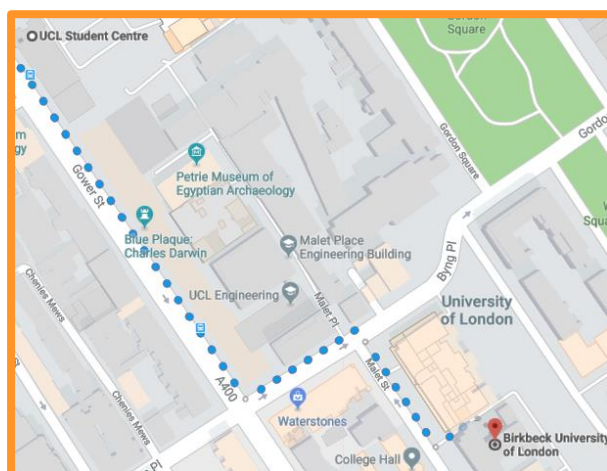
# UNIVERSITY MENTAL HEALTH DAY

## 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 7<sup>th</sup> 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>