Mental Health Symposium 2015

PRESENTED BY
MONA MALEKI (MHN Chair)
The Mental Health Network?
Mental Health at UBC: Over the years

2015
The Mental Health Symposium?

Vision: Create a mentally Health Community at UBC

Innovate UBC: Revolutionize Mental Health

There is a need to come together and share our lessons and visions. There is a need for new dialogue, new strategies, and new perspectives alongside the improvement and sharing of our current knowledge. There is a need to revolutionize perspectives about mental health.
Objectives:
1. Target broad UBC population, which includes people who are not yet part of the mental health conversation and people who are already involved.

2. Engage and empower students, staff, faculty, and community members (diverse demographic) to create sustainable changes to university policies & practices and campus culture that is supportive of mental health & well-being.

3. Provide opportunities and resources for attendants to take initiative.

4. Change beliefs surrounding mental health and increase mental health literacy.

5. Discuss the value of community and ‘intercultural’ mindset to foster a culture of collaboration rather than isolation.
The Day

2015 MENTAL HEALTH SYMPOSIUM
February 14th, 2015

There is a need...

to come together
to share
to discuss
to improve

...to revolutionize perspectives about mental health

- Time: 10:00 AM– 4:00 PM
- Sign in
- Keynote
- Morning Stream: Self
- Lunch Provided
- Afternoon Stream: Community
- Panel

Registration Opening January 21st, 2015
For more information: http://www.ubcmhn.com/events/mental-health-symposium/
What You can Do?

- Save the date February 14th
- Reflect on your organization
  - Website/Mass Email
  - Facebook/Twitter
  - Booth/Event Promotion
- Yourself
  - Change your Facebook photo
  - Tell your friends/join event
Website: http://www.ubcmhn.com/mental-health-symposium-2015/
Twitter: @ubcmhn, #Embraceyourmind
Facebook: /mentalhealthnetworkUBC
Instagram: ubcmhn