



MTSU Counseling Services

# MENTAL HEALTH WELLNESS & SUICIDE PREVENTION FAIR

SEPTEMBER 10, 11 AM - 1 PM @ STUDENT UNION ATRIUM

This multi-department event will provide information and resources on suicide prevention, stress relief, and coping strategies. There will be a number of interactive activities including rock painting, creating a little bag of inspiration, making your own stress balls, a forget-me-not flower planting booth, and more!

