

Coping With Anxiety & Depression

A Spring 2017 Student Workshop

There are many causes for anxiety and depression while attending college. Academic stress, social stress, and physical stress all affect mental health. Learn how to identify situations that stress you out, and how to keep that stress from making you feel anxious and depressed.

When & Where

Tuesday, March 21, 2017
3:30-5:00 PM
Mesa Vista Hall 3056
3rd Floor

What You'll Learn:

- Identify stress, anxiety and depression
- Tips and tricks on how to manage anxiety
- Retrain your brain for positivity

NO CHARGE! Sign-Up Online: shac.unm.edu

For More Info, E-Mail: studentcounseling@unm.edu

