

MARCH 19 – 23

WED. MARCH 21

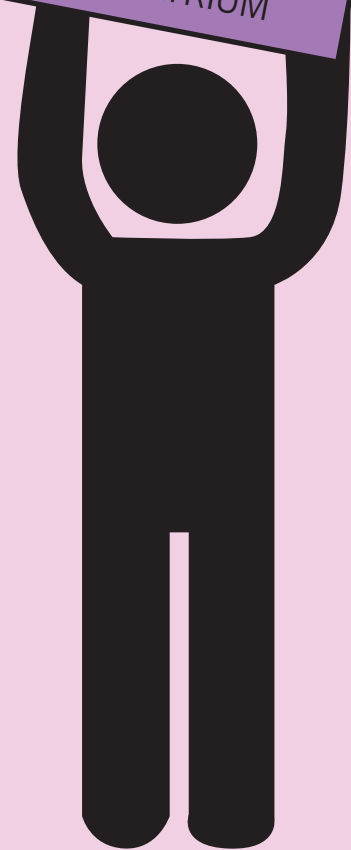
THURS. MARCH 22

FRI. MARCH 23

THURS. MARCH 29

MENTAL HEALTH FAIR

MONDAY,
MARCH 19–23
9:30 a.m. – 3:30 p.m.
UCC ATRIUM



STAND UP FOR MENTAL HEALTH

WEDNESDAY, MARCH 21
8:00 – 9:30 p.m.
MUSTANG LOUNGE UCC

Comedians living with mental health disorders have turned their experiences into a hilarious stand-up show which also fights against the stigma they have faced.



Dan Savage founded the “It Gets Better Project” in response to suicides of teenagers who were bullied because they were gay or suspected of being gay. This engaging presentation aims to reduce suicide among LGBT youth by having gay adults convey the message that these teens’ lives will improve.

THURSDAY, MARCH 22
7:00 p.m. ALUMNI HALL

It Gets Better Project



WESTERN WEARS GREEN FOR MENTAL HEALTH

FRIDAY, MARCH 23



Green is the colour of mental health so in honour of Mental Health Awareness Week show your support by wearing green on Friday, March 23. Together let's turn Western green for a day.



STOMP ON STIGMA

FRIDAY, MARCH 23
12 NOON
MUSTANG LOUNGE

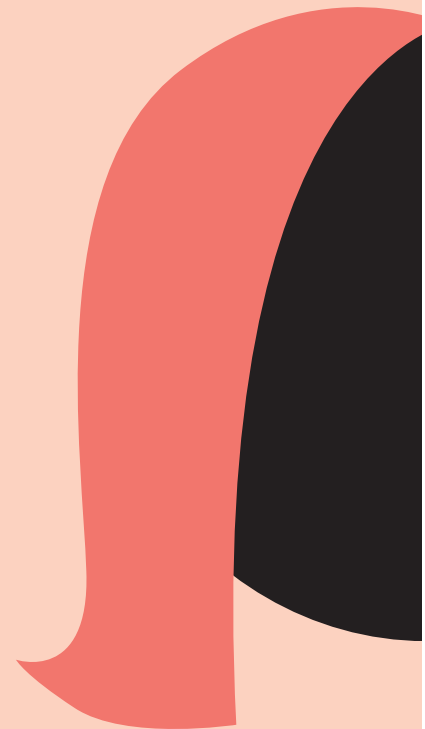
An interactive event involving performances from student song and dance groups. Come out to this event wearing green to show your support and acceptance for those living with mental health disorders.

Jack's dad shares the story of his son's tragedy and lets you know ways to help prevent lives lost as a result of mental illness.



THE JACK PROJECT

FRIDAY, MARCH 23
1:00 p.m.
MUSTANG LOUNGE



MARGARET TRUDEAU

THURSDAY, MARCH 29
5:00 – 6:00 p.m.
Alumni Hall

Margaret discusses with candour and insight the bi-polar condition she has struggled with all her life and shares her journey of recovery, acceptance and hope with the wish that others suffering will reach out and get the help they need.

MENTAL HEALTH AWARENESS WEEK MARCH 19–23

uwo.ca/uwocom/mentalhealth

Western 

Events sponsored by Faculty of Health Sciences, USC, SHS, School of Nursing.