

Co-sponsored by COE Office of Student Affairs  
and Electrical and Computer Engineering

# Mental Health Awareness & Self Care Day

**TUESDAY, MARCH 24, 2020**  
12:00 pm - 1:00 pm 3316 EECS

*Join ECE for a workshop offering the opportunity  
to learn about mental health wellness  
and self care tips!*

SPEAKER  
**DR. JUMEI YANG**

Dr. Jamie (Juemei) Yang, Ph.D., a University of Michigan CAPS Counselor, will lead a session designed to provide students with the opportunity to increase their mental health awareness and its impact on college students. Through this presentation, existing mental health stereotypes will be explored. You will learn how to recognize indicators of a possible mental health issue and what resources are available on campus for students. Dr. Yang will also share some self care tips to use now and in the future.

LUNCH WILL BE PROVIDED.

*Please RSVP at:*

<https://docs.google.com/forms/d/e/1FAIpQLSfxc9G9hY6lCybUKk-LvrP14oQlkWALw1PWwijiBSrskaiqlw/viewform>

Can't join us for lunch? Swing by the information table in the EECS atrium from 10:00 am-2:00 pm to pick up some helpful resources.

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