

Mental Health Awareness Month

May 1-5: Speak Up & Motivate Week

Look around campus for opportunities to learn and collect MHAN affirmation buttons! They're available at events and HCB and COB front desks.

May 4: Movie Screening: No Letting Go

12 p.m. & 4 p.m., COB 1

Opportunity for people to come in at any time starting at noon to sit in on this screening of *No Letting Go*, a movie about the story of the Spencer family whose middle son, Timothy, struggles with anxiety, depression and mood disorder. The family must play an integral role in finding the help he desperately needs, but the toll it takes is devastating. Ultimately, love, strength and courage will prevail to reveal the resiliency of the human spirit.

May 5-7: Paddle Workshop with Doug Chilton

All day, Outside HCB (Registration closed)

The workshop is intended to create a healing and healthy atmosphere that connects participants back to a cultural activity. This is an opportunity to participate in a traditional activity and recognize the healing power of Alaska Native culture. Preregistration required.

April & June: One Course Discourse Movies

Beartooth Theatre Pub

April 28: Every Life Matters

June 9: Chasing the Dragon

Register Online

More Information and Registration Links on
iConnect and the ANTHC Facebook Page
Questions? Email behavioralhealth@anthc.org



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May 8-12: Food & Mood Week

Look for health tips and breakfast, lunch and snack recipes posted on the iConnect Monday, Wednesday and Friday of Food & Mood week.

May 10: Tea & Relaxation [Register Online](#)

11 a.m. to 1 p.m., COB 1

Take some time out of your busy day and join us for a cup of tea in a relaxing atmosphere. Discuss health benefits of tea in our "Tea Talk" (11:30 a.m., 12 p.m., and 12:30 p.m.) Sit with friends and enjoy a visit over a relaxing cup of tea. Engage yourself in some Mindful reading and self-exploration of teas. There will be several varieties of tea available to try.

Snack Demo- Peanut Butter & Banana Wrap

11 a.m. to 1 p.m., COB 1

The foods we eat have an immense impact on both our bodies and minds. Stop by to make your own easy snack and learn more about how food can affect your mood.

Seedling Starter Sale

Hosted by APU's Spring Creek Farm

11 a.m. to 1 p.m., COB 2

Alaska Pacific University's Spring Creek Farm will have a variety of herb and vegetable seedlings available for sale! Farm staff will be on hand to provide information and gardening tips, and APU Dining Services will have freshly prepared samples to enjoy.

[Register Online](#)

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May 15-20: Move Week

Look for tips on iConnect and Facebook about moving at your desk and workplace.

May 17: Yoga [Register Online](#)

10 a.m. & 2 p.m., COB 1 & 2 (30 min)

In partnership with SCF's Health Educators. Registration and liability release are on Eventbrite for up to 50 people. Yoga mats provided.

Educational Bean Bag Toss

11:30 a.m. to 1p.m., Outside between HCB & PCC

Bean bag toss game to educate about sexual health awareness and sexual assault.

May 20: Out of the Darkness Walk [Register Online](#)

8:45 a.m. to 11:30 a.m., Delaney Park Strip

Everyone is welcome! Team name is Alaska Native Tribal Health Consortium. When you walk in the Out of the Darkness Walks, you join the effort with hundreds of thousands of people to raise awareness and funds that allow the American Foundation for Suicide Prevention (AFSP) to invest in new research, create educational programs, advocate for public policy, and support survivors of suicide loss.

[Register Online](#)

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Mental Health Awareness Month

May 22-31: Laugh, Relax & Learn Week

Look around campus throughout the week for fun decal activities.

May 25: Mental Health First Aid Training

[Register Online](#)

8 a.m. to 5 p.m. (1 hour lunch break), 2nd floor Library, HCB

Mental Health First Aid is a non-clinical, educational experience that presents an overview of mental illness and substance use issues, introduces related risk factors and warning signs, and builds an understanding of the impact of and common treatments for mental health problems.

Register online: <https://mhfa-registration.eventbrite.com>

May 30: SafeTALK Suicide Alertness Training

[Register Online](#)

8 a.m. to 12 p.m., ANMC Conference Room 1

This 3-hour suicide alertness training prepares anyone (15+) to become a suicide-alert helper. The training will provide you with resources and can help you identify people with thoughts of suicide.

Relaxation Room

All day, COB 1

Take 10 minutes to relax and rejuvenate at one of the relaxation room stations.



[Register Online](#)

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