**CMHRT Community Education Outreach**

**Mental Health 101 Workshop**

*Sydney Waring, Aleece Katan, and Serena Daljeet* presented an excellent and engaging workshop on **Mental Health** **101** to graduate students in the Tri-University History Program on Feb 5, 2021. Held via Zoom, the workshop included three components. First, Sarena reviewed current research on the impact of the pandemic on mental health, particularly for graduate students. Next, Aleece shared helpful signs and symptoms of mental wellness, stress and heightened reactivity, and mental health disorders. The workshop concluded with Sydney’s presentation of practical strategies to support healthy coping, along with suggested resources for professional intervention. Participants were provided with a worksheet to encourage self-reflection and opportunities for individual goals and intentions to support good mental health.

