



Fall 2023 Digital Mental Health Events for Students

The University of Wisconsin System is thrilled to partner with [Mantra Health](#), an evidence-based mental health provider, to offer students free mental health webinars.

It's always a great time to start working on your mental well-being, so don't miss this excellent opportunity to learn about mental wellness strategies and the support services available to you.

Here's a look at the sessions:

September

Start the Year Off Strong & Thrive at College

September 21, 2023 at 3:00 pm CT

The start of the school year is an exciting time! It can also be nerve wracking as you juggle various academic and personal responsibilities. Join us to learn how to start your year off strong and establish habits that will contribute to your success on and off campus. [Register](#)

October

(De)Stress the Test

October 9, 2023, at 2:00 pm CT

Gain a deeper understanding of test-taking anxiety and practice skills to be successful during exams. We'll discuss how stress and anxiety manifest in our bodies, impact academic performance, and practice useful strategies for calming your body and mind in preparation for upcoming exams. [Register](#)

Suicide Prevention Training for Students

October 17, 2023, at 2:00 pm CT

This workshop provides an overview of suicide prevention. Learn about the nature of suicide, suicide-related statistics, and suicide risk factors, so you can take action if a peer is showing signs of suicidal ideation. Resources for each campus will also be provided. [Register](#)

November

Living with Grief and Loss

November 7, 2023, 12:00 pm CT

Everyone experiences grief and loss differently. Learn the many strategies that can help you manage feelings of bereavement so you move forward in your life after loss. [Register](#)