

Mental Health Week 2024

 21st - 24th October 2024

 IMU Bukit Jalil Campus

21 Oct

- 9.45am - 10.30am : Opening Ceremony
- 10.30am - 5.30pm : Booth Activities + Cyberbullying Awareness Boards

22 Oct

- 9.30am - 5.30pm : Booth Activities + Cyberbullying Awareness Boards

23 Oct

- 9.30am - 5.30pm : Cyberbullying Awareness Boards
- 11.00am - 12.30pm : Creative Journal Expressive Arts (CJEA) Workshop

***E-CERTS WILL BE PROVIDED**

24 Oct

- 10.00am - 11.45am : Panel Discussion (*Theme: "Mind Matters: Mental Health in the Digital Age"*)
- 11.45am - 12.00pm : Closing ceremony

***RM5 HE & SHE CAFE VOUCHERS TO FIRST 100 PARTICIPANTS**

What booth activities can you expect? 🥰

21 Oct

- Stress Ball Making
- Wellness Gift Giving
- Raising Awareness on Burnout
- Financial Aid Unit

22 Oct

- Beyond the Screen: Self-Discovery
- Origami
- Therapy Matchmaking
- Financial Aid Unit

***FREE mystery goodie bag upon participation !**