

# Mental Wellness and Coping during Challenging Times:



Fall 2021

**Friday, October 29**  
**11:30 am–12:45 pm**  
**Online Event**

During challenging times, it is especially important for members of our university community to know how to help ourselves and each other. This presentation will discuss:

- mental health trends relevant to university faculty, staff, and students, and overview resources for accessing support
- mental health resources available to UH M noa students
- best practices for discussing mental health concerns with students and referring them to these resources when appropriate
- mental health resources available to faculty and staff
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