Service Learning Hours Opportunity

Dear Digital Media Classes,

The Counseling Department needs your help in spreading awareness to the Steinmetz community! Both April and May represent more than just warmer weather. April is national Stress Awareness month and May is national Mental Health awareness month. During April, health care professionals rally together to help increase public awareness about both the causes and cures about the modern day stress epidemic. Stress Awareness month is a national effort that seeks to inform people about the danger of stress, successful coping strategies, and common misconceptions of stress.

The month of May is designated to spreading awareness about common disorders like depression, eating disorders, anxiety, post-traumatic stress disorder, substance abuse, autism, and bipolar disorders. Health care professionals seek to educate communities regarding common mental health disorders; therefore decreasing the associated stigmas. We are hoping that you can create posters to help advocate for either stress or mental health awareness. Use your creativity to help spread awareness to the Steinmetz community. All poster submissions are due by Wednesday April 30th.  Each entry will receive service learning hours and will be entered into a poster contest. Peers and Steinmetz staff will vote for their favorite poster and the top five finishers will receive a prize. If you have any questions, please do not hesitate to visit Ms. Ocampo or Ms. Krawczyk during your lunch period.

Thanks for your help!

The Counseling Department

 