

Extreme MAKEOVER

LIFESTYLE EDITION MENTAL HEALTH SERIES

8 Week Series Every Tuesday - 6:00 PM

Feb 8—*What is Mental Health*

Feb 15- *Mental Health First Responders*

Feb 22— *Depression*

March 1—*Anxiety Disorder*

March 8—*Psychosis*

March -15—*Substance Use Disorders*

March 22—*Eating Disorders*

March 29—*Suicide*



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**Tougaloocampus Co-op
Student Union**