

# TARA USAP tayo!

**YOUR MENTAL HEALTH MATTERS**  
April 30, 2021 2:00-5:00PM



A PROJECT OF THE STUDENT WELLNESS CENTER  
IN PARTNERSHIP WITH OVCAR, OSS, POLCA, AND DPS

The Student Wellness Center through its SWC CARES (Creating Avenues to Reach Out and Empower Students) presents **“SWC Tara Usap Tayo! Your Mental Health Matters”** a webinar that aims to raise awareness on the importance of taking care of one’s mental health and wellness. Recognizing symptoms and red flags, dealing and responding to the concern, and learning how to support individuals experiencing mental health issues.



For registration, please access the link through any of the following:



<https://tinyurl.com/z84cmp48>



 [dlsudswc](https://www.facebook.com/dlsudswc)