News from Saddleback College

For Immediate Release
November 18, 2011

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Saddleback College Mental Health Awareness Week Events Will Provide Resources and Raise Awareness

Mission Viejo, CA – Saddleback College will host a Mental Health Awareness Week from Monday, November 28th through Thursday, December 1st to bring awareness to mental health issues, suicide, and drug abuse issues that students and their families face. National Honor Society Psi Beta, the Psychology Club, the Veterans Club and the Global Awareness Club are hosting the week’s events that will include lectures, information booths, and workshops with the goal of reducing the stigma of and providing education about mental illness.

The event will feature interactive lectures and discussion panels:

Monday, November 28th
• 12:00 p.m. – 2:00 p.m. in SSC 212 - Clinical Psychology
• 6:00 p.m. – 8:00 p.m. in SSC 212 - Clinician/Client Perspective on Mental Illness by National Alliance of Mental Illness - Orange County

Tuesday, November 29th
• 10:00 a.m. – 1:00 p.m. in the Quad - Health Center and Saddleback Librarian booths
• 12:30 p.m. - 1:30 p.m. in SSC 212 - Peer Mentoring
• 5:00 p.m. – 7:00 p.m. in HS 104 - Stress Management Workshop

Wednesday, November 30th
• 12:00 p.m. – 2:00 p.m. in the Quad - Suicide Awareness Walk, Health Center, Crisis Intervention, Therapy Dogs
• 2:00 p.m. – 3:00 p.m. in SSC 211 - Project JOSH - The Dangers of Black Tar Heroin
• 3:00 p.m. - 5:00 p.m. in SSC 211 - Social Hour/Coffee House - Screening of "Overtaken"
• Sunset - Candlelight vigil to reflect on mental health and suicide

Thursday, December 1st
• 10:00 a.m. – 2:00 p.m. in the Quad - Day of Play: DJ Ear, Health Center, Jousting, Sumo Wrestling, Zumba
• 12:00 p.m. – 1:00 p.m. in BGS 254 – Auto-genics and Relaxation by Dr. Bob Matthews
• 5:00 p.m. – 7:00 p.m. in BGS 254 - "In Our Own Voice" - presented by Mental Illness by National Alliance of Mental Illness - Orange County

Located in Mission Viejo, Saddleback College provides quality higher education and training to the greater south Orange County community. Having served more than 500,000 students since 1968, Saddleback
College offers more than 300 degree and certificate programs to help students reach their personal, career, and educational goals. For more information, please visit www.saddleback.edu.

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