



## Mental Well-being on Campus

Interactive Virtual Workshop  
on Mental Health



Thousands of students  
have already attended  
our forum. Now we look  
forward to having you  
with us!

STUDYING WELL.  
MANAGING CRISES.  
LIVING A SATISFYING  
LIFE.  
CAN I HAVE IT ALL?  
**OF COURSE!**

Wednesday, May 26<sup>th</sup> 2021,  
4 pm – 6 pm

Registration via:  
[hiwi-betreuung@uv.uni-kiel.de](mailto:hiwi-betreuung@uv.uni-kiel.de)

Hosts:

CAU

Christian-Albrechts-Universität zu Kiel



Fachhochschule Kiel  
Hochschule für Angewandte Wissenschaften

muthesius  
kunsthochschule

STUDENTENWERKSH  
Wir sind dein Rückenwind

### What to expect:

- Getting to know the warning signs of mental illness and crises
- Shedding some light on fears and prejudices concerning mental illness
- Finding out who and what can help, what makes you strong and what you need to master a crisis
- Discussing how you can create an atmosphere in your university where it goes without saying that mental health is openly spoken about and solutions are looked for together

You will get to know students who have mastered crises, live successful and fulfilling lives and who want to share their experiences with you. Let us learn from each other.

**Number of participants:** 100

**Duration:** 90 min. + Exchange of experiences

### About Irrsinnig Menschlich e.V. (*Madly Human*):

Mental illnesses often already have their onset throughout teenage years. However, too many years pass until those affected seek help, mainly because of their fear of being stigmatized. Through our prevention work in schools, in higher education and in the workplace, we aim on reducing this gap. We support young people in recognizing signs and need for professional help earlier, to open up and to accept help.

[www.irrsinnig-menschlich.de](http://www.irrsinnig-menschlich.de)

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