

TAKE 5

DEVELOP SKILLS FOR POSITIVE LIVING

Say Something Positive: Mental Health Awareness Poster Event

**STOP BY AND MAKE A
POSTER WITH A
POSITIVE MESSAGE
FOR MENTAL HEALTH!**

- Poster making items will be available.
- Stay the whole time or come for just a little bit!
- Enjoy **snacks** and socializing with peers!
- Posters will be hung around campus during Stress Less week and final exam week.

**Let's lift each other up with
some positives!**

**Let's normalize talking
about mental health!**



**May 5, 2022
Time: 1:00 PM–3:00PM**

**Cambridge: E202
Coon Rapids: Riverview Room
(SC200)**

If you cannot be at the
event, you can participate
by creating a digital poster

See Page 2 for directions!

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Say Something Positive: Mental Health Awareness Poster Event

**IF YOU CANNOT ATTEND THE EVENT, YOU CAN
CREATE A DIGITAL POSTER AND
SEND IT IN FOR US TO SHARE.**

Directions:

- Create a poster using any digital software.
- Poster must be positive in nature.
- Consider creating a poster about one of these topics:
 - A mental health fact
 - A self-care tip
 - A positive, uplifting message
 - A crisis line or other resource
- Please save your poster as PDF.
- Once complete, email your poster to:
counseling@anokaramsey.edu