

# Spring 2023 Virtual Mental Health Workshop

## Opportunities for USG Students

These virtual workshops combine group meetings and support with exercises so you can apply what you learn.



UNIVERSITY SYSTEM  
OF GEORGIA

### *Dealing with Depression*

Depression is one of the most common mental health conditions. If you have depressions or you have experienced depression in the past and you want to learn ways to help if your symptoms return, this workshop is for you. You will learn ways to deal with depression symptoms so you can feel better.

#### **This workshop meets:**

Tuesday February 7	2-3 pm ET
Tuesday February 14	2-3 pm ET
Tuesday February 21	2-3 pm ET
Tuesday February 28	2-3 pm ET

#### **Register here**

<https://faspsych.com/depressionusg.html>

### *Sleeping Soundly*

Poor sleep can impact your grades, social life, and the quality of your education. Good sleep improves grades, happiness, and performance in many other areas. If you are having trouble getting a good night's sleep, take positive action: join Sleeping Soundly!

#### **This workshop meets:**

Wednesday February 8	6-7 pm ET
Wednesday February 15	6-7 pm ET
Wednesday February 22	6-7 pm ET
Wednesday March 1	6-7 pm ET

#### **Register here:**

<https://faspsych.com/sleepingsoundlyusg.html>

### *Strategies for ADHD*

Do you have ADHD or do you have difficulty staying organized, this workshop is for you. You will learn ways to deal with depression symptoms so you can feel better

#### **This workshop meets:**

Tuesday March 28	6-7 pm ET
Tuesday April 4	6-7 pm ET
Tuesday April 11	6-7 pm ET
Tuesday April 18	6-7 pm ET

#### **Register here:**

<https://faspsych.com/strategiesforadhdusg.html>

### *Calming the Worried Mind*

Everyone is anxious sometimes. Some people experience more anxiety than others. This workshop could be for you if you feel anxious about everyday situations, or if you want to remain calm before presentations or exams.

#### **This workshop meets:**

Wednesday March 29	6-7 pm ET
Wednesday April 5	6-7 pm ET
Wednesday April 12	6-7 pm ET
Wednesday April 19	6-7 pm ET

#### **Register here:**

<https://faspsych.com/ctwmusg.html>

**Workshops are for students only.**

**Students from all USG institutions are invited to participate.**