



# INTERESTED IN MENTAL HEALTH ?

## JOIN ACTIVE MINDS

“Changing the conversation about mental health”



### WHAT IS ACTIVE MINDS?

Active Minds is a club intended to increase awareness about mental health and create a lasting change in the way mental health is talked about, cared for, and valued at SWTJC.

### GET INVOLVED!

Our club is open to all majors, the main requirement is to be curious and interested about mental health! However, those majoring in psychology, social work, public health, criminal justice, sociology or any social science related field are highly encouraged to join!

Date: Wednesday, January 24, 2024

Time: 1:30pm

Location: Student Lounge

For more information contact:

Alexya M. Herrera

830.758.4156

amherrera2@swtjc.edu

