



PVAMU STUDENT COUNSELING SERVICES TO OBSERVE NATIONAL MENTAL ILLNESS WEEK, INCLUDING HELPING STUDENTS COPE DURING A PANDEMIC

Counselors have planned a candid conversation with students about mental health awareness and stigmas.

PRAIRIE VIEW, Texas (October 1, 2020) – Social justice. Voter suppression. Online-only classes. A deadly pandemic. These are just some of the many stressors students are facing this fall semester. The anxiety and uncertainty of life during a pandemic can be mentally draining and have many wondering how to cope. Prairie View A&M University's (PVAMU) Student Counseling Services (SCS) plans to bring students the help and awareness of available resources during PVAMU's observance of National Mental Illness Week.

The SCS Team has a full-week of virtual activities for this year's national theme, "**What People with Mental Illness Want You to Know.**"

"Our events are intended to raise awareness and reduce the stigma associated with mental illness, especially for college students. Our goal is to provide education, prevention, and intervention, which are keys to maintaining good mental health," said Carla Guice, LPC-S, assistant director of Student Counseling Services.

PVAMU's Mental Health Awareness Week runs Monday, October 5, 2020, through Friday, October 9, 2020. Guice says the PVAMU SCS main event will be a campus-wide virtual event, "**A Conversation About Mental Health.**" on Thursday, October 8, 2020, from noon to 1 p.m. October 8 is National Depression Screening Day.

This event is part of an effort by the National Alliance on Mental Illness (NAMI). NAMI, the nation's largest grassroots mental health organization focused on building better lives for Americans affected by mental illness, has designated the first week of October as Mental Illness Awareness Week.

For more information, contact, Carla L. Guice, M.Ed., LPC-S, at Ciguice@pvamu.edu or (936) 261-3564.

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About Prairie View A&M University: Designated an institution of "the first class" in the Texas Constitution, Prairie View A&M University is the second-oldest public institution of higher education in the state. With an established reputation for producing engineers, nurses, and educators, PVAMU offers baccalaureate degrees, master's degrees, and doctoral degree programs through eight colleges and schools. A member of The Texas A&M University System, the university is dedicated to fulfilling its land-grant mission of achieving excellence in teaching, research, and service. For more information regarding PVAMU, visit www.pvamu.edu.

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