

STUDENT SUPPORT ROOM (KIC)

# *Mental Health Support Group*

Topic: "Depression / Mood Swing"

Are you interested in talking about mental health issues with other students? Join us for Mental Health Support Group! This time, the topic will be "depression / mood swing." By sharing and/or listening to your/other's experiences, you might be relieved to know that you are not the only one and get useful tips on how to cope with your mood.

July 4 Thursday 16:20-17:20

To join: please send the form below.

<https://forms.office.com/r/8nys5BPeQ3>

Inquiry: 075-465-8174

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