

MENTAL HEALTH AWARENESS MONTH



With the COVID-19 Pandemic and 'new normal', addressing mental health issues and maintaining mental well-being are of great importance.

Research has shown that regularly doing the following 5 things are important to maintaining one's 'Wellbeing':

- **CONNECT:** foster good relationships
- **BE ACTIVE:** be physically active
- **KEEP LEARNING:** learning new skills can build self-confidence and self-esteem
- **GIVING TO OTHERS:** small acts of kindness and gratefulness; giving of your time; volunteerism.
- **TAKE NOTICE:** be mindful of the moment, helps us to enjoy the world around us better and

understand ourselves

The Office of the Registrar, together with CMNHS- School of Medical Sciences and FNUSA in collaboration with Fiji Ministry of Health and Medical Services will be celebrating the 'Mental Health Month' that will begin on September 10th - World Suicide Prevention Day and culminate on October 8th, marking the World Mental Health Day which is commemorated on October 10th.

During this month, various programs related to mental health and wellness screenings will be organized at the different FNU campuses. All staff and students are invited to attend the following programs:

Campus	Date	Activity
Pasifika Campus Auditorium, virtual /live streamed at other Campuses. Launch ALMA	Thursday, 10th Sep	World Suicide Prevention Day: Working together to prevent suicide. Launch of Mental Health Awareness Month & ALMA
Pasifika Campus & Hoodless House	Wednesday, 16th Sep	Wellness Screening (General Wellness Screening, STI Screening, Pap Smear Screening) 8:30am - 1pm
	Tuesday afternoons 15/9/20 22/9/20 29/9/20 6/10/20	'Talk-Time' Tuesdays Encourage people to reach out and connect with others; the counseling unit will also have sessions for CMNHS' SMG and HODs on Tuesday afternoons over the 4 weeks at 3.30pm will discuss how to better recognize and manage staff/student issues
	Wednesday afternoons 16/9/20 23/9/20 30/9/20 7/10/20	'Wellness Wednesdays' 1pm - 2pm Wellness Activities (Walk, Bhangra, Zumba which we will be zooming); 8.30am - 4pm health checking at CHIPSR for weight, BP, blood sugar levels
	Thursday afternoons 17/9/20 24/9/20 1/10/20	'Thankful Thursdays' There will be bulletin boards at Pasifika and Hoodless house where people will be encouraged to write a note on what they feel thankful/grateful for; The School of Creative Arts- Department of Hairdressing will also be available to provide free manicures
NTPC, Narere	23/9/20	Wellness Screening (8.30am - 1pm) Awareness on Mental Health & ALMA by Counselor Varsha
Koronivia Campus	24/9/20	Wellness Screening (8.30am - 1pm)
		Awareness on Mental Health & ALMA by Counselor Varsha
Derrick Campus	30/9/20	Wellness Screening (8.30am - 1pm)
		Awareness on Mental Health & ALMA by Counselor Dharnesh
Tamavua Nursing Campus	1/10/20	Wellness Screening (8.30am - 1pm)
		Awareness on Mental Health & ALMA by Counselor Varsha
Nabua Campus	9/10/20	Wellness Screening (8.30am - 1pm)
		Mental Health & ALMA Awareness by Counselor Varsha
FMA	14/10/20	Wellness Screening (8.30am - 1pm)
		Mental Health & ALMA Awareness by Counselor Dharnesh
Nasese	15/10/20	Wellness Screening (8.30am - 1pm)
		Mental Health & ALMA Awareness by Counselor Varsha
Nasinu Campus	5/10/20	'Moving Monday' - Deskercise videos & demonstrations
	6/10/20	'Tele Tuesday' - Mental Health videos and Mental Health talks
	7/10/20	'Wellness Wednesday' - Aerobics / Zumba Wellness Screening (8.30am - 1pm)
	8/10/20	'Thankful Thursday' - World Mental Health Day Program
Ba Campus	21/9/20 - 22/9/20	Mental Health & ALMA Awareness by Counselor Kantha Aerobics for students & staff
	5/10/20	Wellness Screening
Namaka Campus	23/9/20 - 24/9/20	Mental Health & ALMA Awareness by Counselor Kantha Aerobics for students & staff
	6/10/20	Wellness Screening
Natabua Campus	25/9/20	Aerobics Session
	5/10/20	'Moving Monday' - Deskercise videos & demonstrations (3pm - 4.30pm)
	6/10/20	'Tele Tuesday' - Mural Art Activity (3pm - 4.30pm)
	7/10/20	'Wellness Wednesday' - Wellness Screening (8.30am - 1pm) Aerobics (3pm - 4.30pm)
	8/10/20	'Thankful Thursday' - World Mental Health Day Program
Labasa Campus	5th & 6th October	Wellness Clinics
	7th & 8th October	Meditation & Yoga
	9th October	Mental Health & ALMA awareness (zoom session)

