**Exploring Mental Wellness**

*Mental Health is Public Health:*
Come listen to a discussion about the state of mental health in the student community and beyond.

April 8th from 3:00 - 5:00 PM at the UC Davis Genome Center Auditorium

Located on the west side of the UC Davis campus:
Genome Auditorium, Room 1005
451 Health Sciences Drive
Directions: http://genomecenter.ucdavis.edu/contact-us/directions/

**Guest Panelists Include:**

Rachel Aumann MSW, MPH - Stanford University Assistant Dean of Student Life, UCD MPH program alumna

Thomas Roe Psy. D - Clinical Psychologist, UCD Coordinator of Graduate Student Counseling Services

Edward J. Callahan, Ph.D. - UCD Med Center Associate Dean and Professor, Focusing on LGBT Mental Health

Lee Jones, MD - UCD Med Center Associate Dean for Student Affairs, Professor of Psychiatry & Behavioral Sciences

**3:00-4:00:** Chat with ambassadors from the UC Davis Mind Spa to learn about biofeedback, Every Aggie Matters, and mental wellness resources available to UC Davis Students

**3:30-4:30:** Learn from experts in the field why mental health is a public health issue and how mental wellness is addressed in the student community

**4:30-5:00:** Join in the discussion with a facilitated Q and A with our guests- audience questions and thoughts encouraged!