

**MENTAL  
HEALTH**



MENTAL HEALTH AWARENESS WEEK

**FORUM ZINE**

**— 2020 —**



**Mental health Session 4**

Wellness (focus on middle white class) \$ \$ £

wellness industry → yoga

apps ↓ nutrition/food

no accountability

how do you make mental health relevant?

Advertising

treat mental health

take app's regularly to face life's problems

differences in mental health problems

apps geared towards people who already know how to (e.g.) meditate.

Change what we think of with wellness, yoga industry



**When?**  
Date - 22nd May 2020  
Time - 3 till 4:30 pm BST  
How - On Zoom, the link will be provided before the event!

**Who?**  
Political Activists  
Those who need a chat  
Secret Artists??  
BAME Officers  
Welfare Officers

**What?**  
Student mental health,  
Campaigning, and the issues affecting BAME students,  
Mapping out campaigns for the future,  
How we can use our positions to create change now.

**WE WELCOME ALL**

**WELFARE IS POLITICAL**

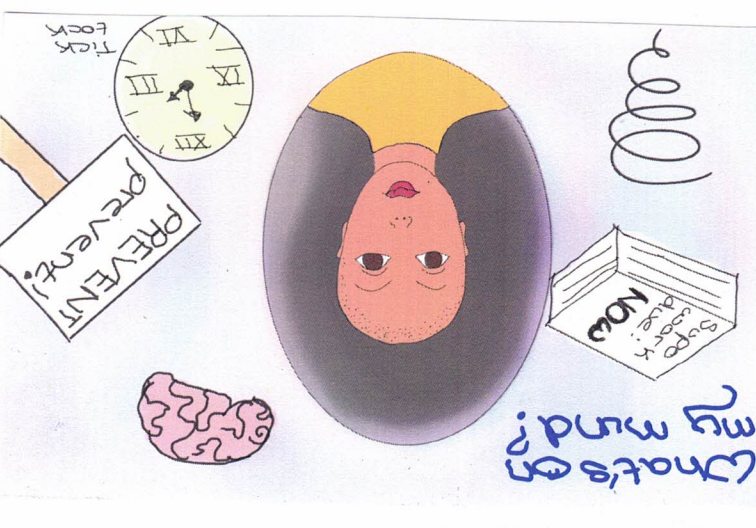
**Mental Health Forum**

**you're invited!**

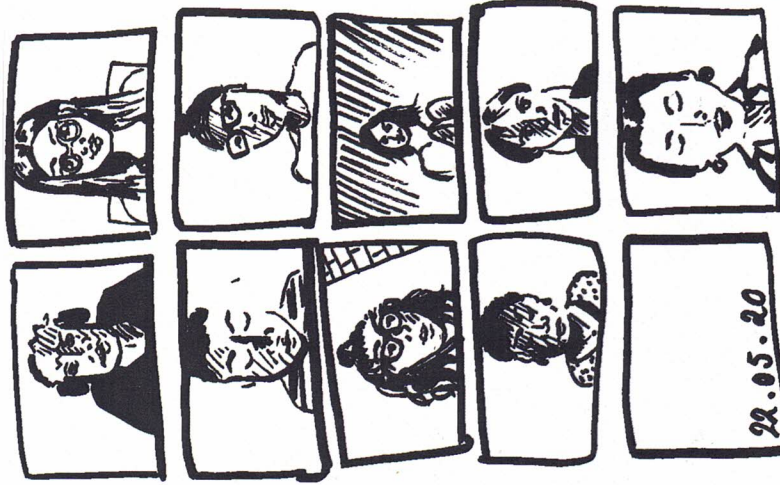
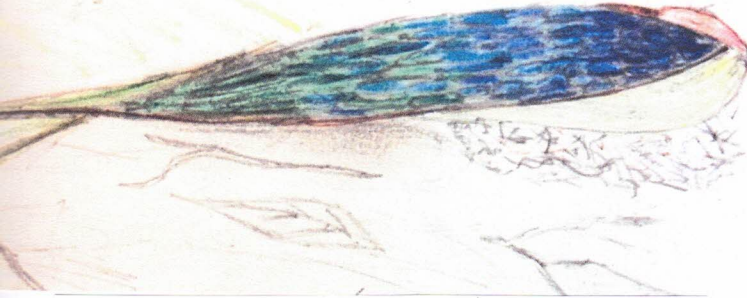
**EVERYONE!**

**Creative feedback!**  
Whilst talking we all will be sketching, painting, sewing or simple doodling, it's completely up to you.  
At the end, we will use these to create a one-off zine!

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22.05.20

→ **University Counselling Service**  
 (ask for a BME counsellor in free text box)  
 counsellingreception@admin.cam.ac.uk  
 sexual.assault.advisor@admin.cam.ac.uk

→ **Students' Unions' Advice Service**  
 advice@studentadvice.cam.ac.uk

→ **Disability Resource Centre**  
 disability@admin.cam.ac.uk

→ **BME Campaign**  
 www.facebook.com/CambridgeBME



Minority groups - reduced in identity.  
 ↳ being to yourself through other's lens.

Does Cambridge exacerbate anxiety (re performance)?

↳ SUPs

right word to do things

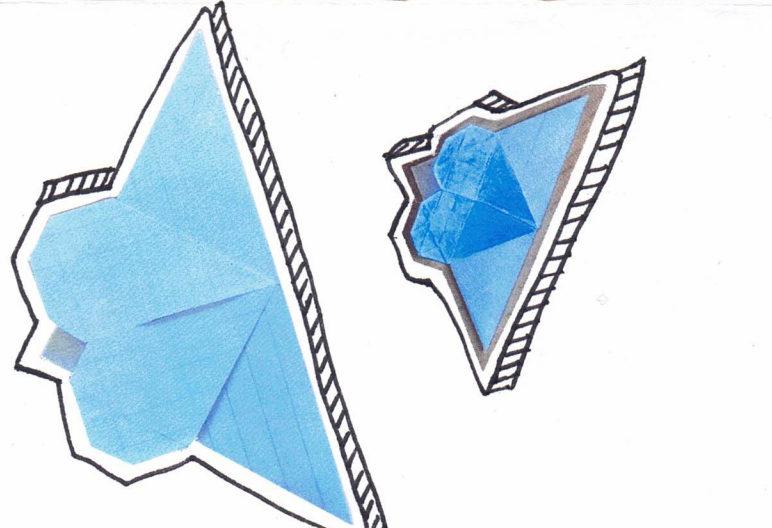
college disparities

you are used to being the smartest - are we?

sense no idea who was smartest in school, who will be smartest?

narrative may perpetuate us?

- UK BME MENTAL HEALTH ORGS :**
- INSIDE OUT UK
  - BLACK, AFRICAN + ASIAN THERAPY NETWORK
  - TRAUMA THERAPY PROJECT
  - BEAM COLLECTIVE
  - CRADLE COMMUNITY





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**IS**  
**POLITICAL**

