

2025 World Mental Health Week Events

Monday, October 6

Meditation at the Quad

Sponsored by: Cabot House

3:00-4:00pm

Cabot Living Room, Cabot Hall 1st Floor

Join Cabot House's very own, Palmer Berry, for a mid-afternoon meditation to re-center and relax.

Spots limited! Scan to register!



Tuesday, October 7

300 Paintings A.R.T. Ticket Raffle

Sponsored by: Office of the Associate Provost for Student Affairs

12:00-1:30pm

1st Floor Smith Center across from Kome Sushi

Over the course of what turned out to be a six-month manic episode, Sam Kissajukian created three hundred large-scale paintings, unknowingly documenting his mental state through the process. In his performance, Kissajukian brings audiences on a hilarious and wildly original rollercoaster ride exploring the ties between art, mental health, and creativity. The show will take place October 23rd at 7:30pm!

Scan to register!



Wednesday, October 8

Wellness Wednesday Tabling

Sponsored by: HGSE Student Affairs

10:00am-1:00pm

Gutman Library, HGSE

Join Associate Director of Student Support Services, Rilda Kissel, as she offers information about various Harvard support services.

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Wellness Wheel

Sponsored by: Harvard Chan OSA

12:30-2:00pm

Kregse Atrium, Longwood Campus

In recognition of World Mental Health Day, the Office for Student Affairs will be tabling in the Kresge Atrium and will have information about support resources as well as wellness-related giveaways. Stop by and spin the 'wellness wheel' and grab helpful handouts!

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Mindfulness 101

Sponsored by: HUHS Center for Wellness and Health Promotion

2:30-3:30pm

The Center for Wellness and Health Promotion invites students to join us for a free, virtual Mindfulness 101 workshop! Mindfulness is practicing moment-by-moment awareness of our thoughts, feelings, bodily sensations, and our surrounding environment with curiosity and kindness. This experiential workshop will introduce the foundational skills of mindfulness through conceptual overview, guided sitting meditation, and group reflection & discussion. No prior meditation experience is necessary.



Virtual, scan code to register!

Wednesday, October 8 continued

Overcome Perfectionism Through Self-Compassion

Sponsored by: CAMHS, HUHS

3:30-4:30pm



Each online session explores a skill that can support you in understanding perfectionism. Together, we will set the compass on a course of self-compassion—and what you will discover along the way may just surprise you.

Virtual, scan code to register!

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Film Screening and Panel Discussion: Loving Vincent

Sponsored by: Harvard Art Museums

6:00-8:30pm

Menschel Hall, 480 Broadway Street



In recognition of Mental Illness Awareness Week, join us for a screening of *Loving Vincent*, an animated film portraying the life of Vincent van Gogh and his struggles with depression and emotional turmoil. Following the film, specialists and practitioners in mental and global health services will discuss the impact of creative arts as mental health therapy and how art museums can be an additional resource for renewal, healing, and solace.

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Enhanced Brain Break with the Peer Counselors

Sponsored by: College Dean of Students Office/ First Year Experience

9:00-11:00pm

Annenberg Dining Hall

The peer counseling groups provide confidential, non-judgmental support for undergraduates. Contact, ECHO, Indigo, Response, and Room 13 offer drop-in and phone counseling, while HUGPT provides peer group therapy. Counselors are trained to support any issue, with additional expertise in their group's focus area. Peer counselors will join first-year students to share about all of their resources throughout the academic year.

Thursday, October 9

Build Your Own Sleep Kit at the Wellness Wagon

Sponsored by: HUHS Center for Wellness and Health Promotion
1:30-3:30pm

Science Center Arcade

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Navigating Mental Health Resources with CAMHS

Sponsored by: CAMHS
5:00-6:00pm



Attendees will receive information about the services offered at CAMHS, through TimelyCare and within the local community, as well as tips on how to decide between options and get started with care.

Virtual, scan code to register!

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Longwood Slow Flow Yoga

Sponsored by: Harvard School of Dental Medicine
5:30-6:30pm

Countway Library, Longwood Campus

Countway Library Rooms 102/103, Longwood Campus Slow yoga flow for all levels with a focus on breath and meditative movement. This class will be beginner-friendly, and no prior experience is necessary. Participants should plan to bring their own yoga mats.



Spots limited! Scan to register!



Friday, October 10

For World Mental Health Day, take time and enjoy your favorite activities! Or, try something new by exploring the options below!

Take a walk along the [Charles River](#)!

[Check out fall foliage with the MBTA!](#)

Run for fun, for a cause, with family, or with friends at a [ParkRun](#) or [Boston Women's 10K](#)

[Explore your passion for fashion](#)



[Learn more about the indigenous peoples of Massachusetts!](#)

Visit [Harvard's Arboretum](#)!

Dive into the [history of Faneuil Hall](#)!

Support small businesses at the [Boston Open Market](#)!

[Dance through history](#) at the Boston Public Library!

Scan the QR code for an interactive PDF version!

