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# IRISH

## state of mind

### mental illness awareness week

October 5-11, 2014—schedule of events

## Monday

### Let's Talk

A confidential, free walk-in consultation available to all graduate and undergraduate students at Notre Dame to discuss various issues, including stress, sadness, academic concerns, family problems, financial struggles, and relationship concerns.

**220 LaFortune**  
**2:00-3:00 PM**

### Screening of "On the Bridge"

A free screening of the documentary, "On the Bridge," directed by Notre Dame Professor, Olivier Morel; the film represents the disturbing aspects of the current war and serves to break down stereotypes and stigmas related to PTSD and our US veterans. Q&A to follow.

**Debartolo 131**  
**7:30 PM**

## Wednesday

### Let's Talk

**258 Fitzpatrick Hall**  
**3:00-4:00 PM**

### University Counseling Center Open House

Join the University Counseling Center for an open house; discover the services offered by the UCC and try out the Inner Resource Room massage chair and sun lamps!

**Dooley Room, LaFortune**  
**11:00 AM - 1:00 PM**

### Healing Mass

Join the Notre Dame student body in an evening of prayer and remembrance for those whose lives have been touched by mental illness.

**The Grotto**  
**8:00 PM**

### Late Night Breakfast

Join us for a late-night breakfast at SDH, enjoy the sounds of Acousticafe, sign our Irish State of Mind Banner, and help us continue to spread mental illness awareness.

**South Dining Hall**  
**10:00PM - 12:00 AM**

## Tuesday

### Graffiti Wall—Speak your MiND

An opportunity to share your story on our makeshift graffiti wall in LaFortune. Don't be ashamed of your story. It will inspire others.

**Outside the Montgomery Room, LaFortune (across from Starbucks)**  
**2:00-6:00 PM**

### Dinner and Discussion

Join NAMI-ND and members of Clubhouse, a community center in South Bend for those with serious mental illness, for an evening of dinner, discussion, and fun.

**McNeill Room, LaFortune**  
**5:00-6:30 PM**

### In Our Own Words

An evening of storytelling in which Notre Dame students will share their stories and express the ways in which mental illness has affected their lives. Reception to follow.

**LaFortune Ballroom**  
**7:00 PM**

## Thursday

### Let's Talk

**229 Coleman-Morse Center**  
**3:45-5:00 PM**

### Believe: Giving Witness to Hope

Tom Seeberg, father of Lizzy Seeberg, will share his story of hope in the wake of Lizzy's death. Mr. Seeberg will discuss sensitive issues, such as sexual assault and mental health, and how we can work together to overcome these struggles.

**Carroll Auditorium, Madeleva at Saint Mary's**  
**7:30 PM**

## Friday

### To Write Love On Her Arms

Join Jamie Tworkoski, the founder of the organization "To Write Love On Her Arms" for an afternoon of inspiring witness and hope as he shares his story of his organization, which works to spread awareness of issues of depression, suicide, self-harm, and mental illness.

**Debartolo 101**  
**2:30-4:00 PM**