

January is

Mental Wellness Month

Join ASU at Wellness & You: Resources at ASU tabling event for Mental Wellness Month to find resources and learn how you can make a difference.

Tuesday, Jan. 13

10AM - 4PM

CA Center Grand, Rontunda

**National suicide
prevention hotline:**

1-800-273-8255 (available 24 hours a day)
For life-threatening emergencies, **call 911**