

# MAY IS MENTAL HEALTH MONTH

Join [Student Health and Well-Being](#) (Counseling and Psychological Services, Health Promotion Services, and the Tritons Flourish Initiative) and our campus partners for virtual programs supporting mental health and well-being throughout the [Month of May!](#)

For a complete list of online events and workshops, please visit:



[CAPS.UCSD.EDU/MAY](https://CAPS.UCSD.EDU/MAY)



[@ucsdtritonsflourish](https://www.instagram.com/ucsdtritonsflourish)

**UC San Diego**

STUDENT HEALTH AND WELL-BEING



TRITONS  
FLOURISH