

# Careers in Mental Health

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## **Quick Summary:**

This intensive theme is an exploration of career opportunities in the field of mental health.

## **Intensive Theme Description:**

In this week, students will focus on two aspects: learning about mental health and mental illness, and exploring a variety of occupations within the mental health field

## **Learning Objectives:**

- Students will discover if working in the mental health field interest them
- Students will be exposed to community resources, information about mental illnesses and strategies that contribute to positive mental health

## **Activities:**

Students will experience several of the following activities (depending on availability)

- A health fair at Access Saint Boniface
- A presentation on Gambling Addictions by AFM
- Exposure to peer support groups such as the Mood Disorders Association of Manitoba
- A session with a psychologist when they learn how the brain is involved in mental health
- Experiential learning by participating in mindfulness activities, yoga and mediation

## **Students who wish to participate in this intensive theme should:**

- Come prepared to participate in discussions, hands on activities and lectures
- Be full of a sense of adventure, and be willing to explore new places.
- Be interested in learning more about mental health and mental illness
- Be considering a career in the mental health field

**Fee: NONE**