

The background is light blue with a red border. It features several decorative elements: a wavy blue line at the top and bottom, a cluster of hanging hearts (blue, pink, red, white) on the left, and several large red hearts scattered around. The main text is centered and surrounded by a pink brain graphic.

# Mental Health Summit

2.14.24

UC Graduate College

**February 14, 2024**  
**10 AM - 4 PM, TUC**

**Network, Attend Conference-Style Workshops,  
Receive Training & Engage in Self Care!**

# WELCOME



Our mission is to champion a student-centered graduate education environment that integrates diversity, inclusion, and belonging as essential for both your academic success and to foster a just global society. In the Graduate College, we prioritize your holistic well-being. A large part of student success is your personal health and mental health support. For this reason, we offer programming throughout the year to support and equip our graduate students to take care of themselves in pursuit of their aspirations. So be on the lookout! Today, we encourage you to take a step back, and take care of you.

## GRADUATE COLLEGE LEADERSHIP



**Rose Marie Ward, PhD**  
*Dean of the Graduate College  
and Vice Provost for Academic Programs*  
The Graduate College  
University of Cincinnati



**Omotayo (Tayo) Banjo, PhD**  
*Associate Dean*  
The Graduate College  
University of Cincinnati



**Tai Collins, PhD**  
*Associate Dean*  
The Graduate College  
University of Cincinnati

**MEET THE REST OF OUR TEAM AT  
[GRAD.UC.EDU](https://grad.uc.edu)**



# SUMMIT SCHEDULE

9:15-9:45 AM **Check in, TUC 4th Floor Lobby**

10-11 AM **Breakout Session #1**

1. Building Better Boundaries: Taking Care So You Can Be Your Best Self 427
2. In Our Own Voice- NAMI (National Alliance on Mental Illness) 415
3. Addicted to Numbing Mental Illness 423
4. Imposter Syndrome 417
5. Navi-gay-ting Grad School: An LGBTQ+ Grad Student Panel 419 (Session #1 ONLY)
6. QPR (Question, Persuade, Refer) Suicide Prevention Gatekeeper Certification (10-12:15) 425

11-11:15 AM **BREAK**

11:15-12:15 PM **Breakout Session #2**

1. Building Better Boundaries: Taking Care So You Can Be Your Best Self 427
2. In Our Own Voice- NAMI (National Alliance on Mental Illness) 415
3. Addicted to Numbing Mental Illness 423
4. Imposter Syndrome 417
5. Black in the Ivory 419 (Session #2 ONLY)
6. (continued) QPR (Question, Persuade, Refer) Suicide Prevention Gatekeeper Certification 425

12:15-1:45 PM **LUNCH & ACTIVITIES**

1. Lunch TUC Great Hall
2. Resource Tables TUC Great Hall
3. Self Care Activities:
  - Bracelets/Valentine Cards - 423
  - Therapy Dogs - 417
  - Mediation - 425
  - Yoga - 427

1:45-2:45 PM **Breakout Session #3**

1. Helping the Helpers: Avoiding Burnout, Compassion Fatigue, and Vicarious Trauma in a Helping Profession 427
2. Beyond Borders: Nurturing Mental Health and Careers for International Students 419
3. Self-Compassion and Mindfulness 423
4. Navigating Difficult Conversations with Your Advisor and Other Asymmetrical Power Relationships 417
5. Students of Color Panel – (Session #3 ONLY) 415
6. QPR (Question, Persuade, Refer) Suicide Prevention Gatekeeper Certification 425 (1:45-4)

2:45-3:00 PM **BREAK**

3:00-4:00 PM **Breakout Session #4**

1. Helping the Helpers: Avoiding Burnout, Compassion Fatigue, and Vicarious Trauma in a Helping Profession 427
2. Beyond Borders: Nurturing Mental Health and Careers for International Students 419
3. Self-Compassion and Mindfulness 423
4. Navigating Difficult Conversations with your Advisor and Other Asymmetrical Power Relationships 417
5. Understanding the Impact of Posttraumatic Stress Disorder: Keys to Resilience and Treatment (Session #4 ONLY) 415
6. QPR (Question, Persuade, Refer) Suicide Prevention Gatekeeper Certification (continued) 425

4:00 PM **CHECK OUT, EVALUATION**

Track Levels (previous knowledge/expertise)-

Beginner, Intermediate, Advanced



# SUMMIT CHART

| Session Number     | Time             | TUC Room#   | TUC Room#   | TUC Room#  | TUC Room#                          | TUC Room#   | TUC Room#   |
|--------------------|------------------|---|---|--|------------------------------------|---|---|
|                    |                  | 415   | 417   | 419  | 423                                | 425   | 427   |
| Breakout Session 1 | 10:00 - 11:00 AM | In Our Own Voice  | You Are Good Enough: Managing Imposter Syndrome   | Navi-gay-ting Grad School: An LGBTQ+ Grad Student Panel                      | Addicted to Numbing Mental Illness | QPR (Question, Persuade, Refer) Suicide Prevention Gatekeeper Certification | Building Better Boundaries: Taking Care So You Can Be Your Best Self                                    |
| Breakout Session 2 | 11:15 - 12:15 PM | In Our Own Voice  | You Are Good Enough: Managing Imposter Syndrome   | Black in the Ivory (Grad Student Panel)                                      | Addicted to Numbing Mental Illness | QPR (Question, Persuade, Refer) Suicide Prevention Gatekeeper Certification | Building Better Boundaries: Taking Care So You Can Be Your Best Self                                    |
| Lunch & Activities | 12:15 - 1:45 PM  |   | Therapy Animals with Pet Partners of Greater Cincinnati   |  | Bracelet/ Valentine Card Making    | Meditation  | Yoga (plus aerial demo) with Hello Sunshine Yoga  |
| Breakout Session 3 | 1:45 - 2:45 PM   | Students of Color Panel   | Navigating Difficult Conversations with your Advisor and Other Asymmetrical Power Relationships | Beyond Borders: Nurturing Mental Health & Careers for International Students | Self-Compassion & Mindfulness      | QPR (Question, Persuade, Refer) Suicide Prevention Gatekeeper Certification | Helping the Helpers: Avoiding Burnout, Compassion Fatigue, and Vicarious Trauma in a Helping Profession |
| Breakout Session 4 | 3:00-4:00 PM     | Understanding the Impact of Posttraumatic Stress Disorder: Keys to Resilience and Treatment | Navigating Difficult Conversations with your Advisor and Other Asymmetrical Power Relationships | Beyond Borders: Nurturing Mental Health & Careers for International Students | Self-Compassion & Mindfulness      | QPR (Question, Persuade, Refer) Suicide Prevention Gatekeeper Certification | Helping the Helpers: Avoiding Burnout, Compassion Fatigue, and Vicarious Trauma in a Helping Profession |

## MORNING SESSIONS

10:00–11:00  
AM  
11:15 -12:15  
PM

### Session #1 - Session #2

#### *In Our Own Voice- NAMI (National Alliance on Mental Illness of Southwest Ohio)* - (Room 415)

**Presenters:** Jen Basinger, (she/her), Program Leader NAMI; Chevonne Bridgeman, (she/her), Program Leader NAMI and master student

**Description:** NAMI’s In Our Own Voice presentation changes attitudes, assumptions and stereotypes about people with mental health conditions. The presentations combine a video in three parts along with two NAMI trained presenters who talk about their mental health journey. It provides a personal perspective of mental illness, as presenters with lived experience talk openly about what it’s like to live with a mental health condition. Our presenters humanize the misunderstood, highly stigmatized topic of mental illness by showing that it’s possible—and common—to live well and achieve their goals with a mental health condition.

#### **Learning Outcomes:**

- Participants will gain a deeper understanding of mental health conditions and dispel myths, stereotypes and misconceptions surrounding mental illness.
- Participants will learn how to recognize signs of a mental health condition in oneself or others and how and where to reach out for help.

#### *You Are Good Enough- Managing Imposter Syndrome* - (Room 417)

**Presenters:** (Session #1) Samantha Cook, PsyD, (she/her) Associate Director of Clinical Services with UC Counseling and Psychological Services (CAPS), Licensed Psychologist; James Colmar, PsyM, (he/him), Psychology Intern with CAPS; (Session #2) Samantha Cook, PsyD, and Shawn Saylor, MA, (he/him), Psychology Intern CAPS

**Description:** This workshop focuses on tangible strategies to identify the “four P’s” of imposter syndrome and how to manage their feelings constructively. We will look at the graduate school systems and identify resources that may support students in combating the misconception associated with imposter syndrome.

#### **Learning Outcomes:**

- This presentation will introduce the four “P’s” of imposter syndrome. Perfectionism, Procrastination, People Pleasing, and Paralysis
- Participants will be able to identify how imposter syndrome affects their life and identify strategies to manage their feelings constructively.
- Participants will learn about resources on campus to support them including CAPS and dispel myths, stereotypes and misconceptions surrounding mental illness.
- Participants will learn how to recognize signs of a mental health condition in oneself or others and how and where to reach out for help.

#### *Navi-gay-ting Grad School: An LGBTQ+ Grad Student Panel (Session #1 ONLY)*- (Room 419)

**Presenters:** Anna Bergholtz, (she/her), UC LGBTQ+ Center, graduate student; Madeline Finney, (she/her), graduate student, Imane Halal, (they/them), graduate student

**Description:** Hear from current LBGTQ+-identifying UC graduate students about how higher education has impacted their mental health, wellness, and lives outside of school. Join us for a conversation with three current graduate students as they discuss their experience navigating graduate school as an LGBTQ+ student. Hear directly from fellow graduate students about finding a welcoming community on and off campus, the most helpful advice they’ve received for graduate school, and how they have maintained their mental health and wellness. Open to all students! Bring your own questions!

#### **Learning Outcomes:**

- Participants will identify available campus and local resources that support queer graduate students
- Participants will understand additional challenges faced by LGBTQ+-identifying individuals in graduate school and hear advice on how to navigate these difficulties

#### *Black in the Ivory – (Session #2 ONLY)* - (Room 419)

**Presenters:** Oneya Okuwobi, Ph.D., (she/her), Assistant Professor Sociology; Kierra Ware, (she/her), doctoral student; Roderick Pearson, (he/him), doctoral student



**Description:** Sometimes being the “only” can have detrimental effects on your well-being. Isolation, loneliness, depression, inefficacy, and confusion are just some of the battles one might face when managing their Black identity as a racial minority at a Primarily White Institution (PWI). In Black in the Ivory, three graduate students discuss challenges Black students may face in their graduate education experience at a PWI. Students will share concerns, challenges, triumphs, and resources when it comes to finding support and community, as well as, managing microaggressions and institutional racism. This session will be facilitated by Dr. Oneya Okuwobi, an expert on diversity labor and its effects on organizations and communities of color.

**Learning Outcomes**

- Students will understand the potential influence of social and cultural capital in graduate school outcomes.
- Students will know how to recognize various forms of discriminatory treatment and its potential health impacts on the body.
- Students will learn how to manage conflict, self-advocate and navigate institutional systems and other systems of support in order to reach desired educational outcomes.
- Students will learn about resources and associations available to them as a source of support.

**Addicted to Numbing Mental Illness** - (Room 423)

**Presenters:** Dr. Christopher Tuell, (he/him), Clinical Director of Addiction Services at the Lindner Center of HOPE

**Description:** Addiction and mental health often go hand-in-hand: 83% of people with a substance use disorder also have a co-occurring mental health issue. But addiction goes beyond substance use, and behavioral addictions (such as gambling, porn, and social media) are on the rise. Hear from Dr. Christopher Tuell, Clinical Director of Addiction Services at the Lindner Center of HOPE, on the complex relationship between substance use, behavioral addiction, and mental health.

**Learning Outcomes**

- Participants will understand the connection between mental health issues and substance use issues, focusing on substance use/addiction
- Participants will understand the role of behavioral addictions (social media, gaming, porn, gambling) as it pertains to mental health issues

**QPR (Question, Persuade, Refer) Suicide Prevention Gatekeeper Certification (Session #1 AND #2)** - (Room 425)

**Presenters:** Keysha Alston, LPCC-S, (she/her), CAPS Student Initiatives Coordinator, Clinical Counselor; Anthony Sumpter, PsyD, (he/him) CAPS Staff Clinician

**Description:** Become certified for two years in QPR (Question, Persuade, Refer) Suicide Prevention Gatekeeper Training. QPR, three simple steps anyone can learn to help save a life from suicide. Just as people are trained in CPR and the Heimlich Maneuver helps save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

**Learning Outcomes**

- Participants will recognize the warning signs of suicide
- Participants will know how to offer hope
- Participants will learn how to get help and save a life

**Building Better Boundaries: Taking Care So You Can Be Your Best Self** - (Room 427)

**Presenters:** Casey Frazee Katz, (she/her), MA, LPCC, Certified EMDR (Eye Movement Desensitization and Reprocessing) Therapist

**Description:** Boundaries are necessary for all of us to live life fully and effectively! We see physical boundaries all around us – from painted lines on the pavement, traffic lights, business opening/closing times, holiday closures, etc. – but psychological, emotional, and relational boundaries can seem a bit more complicated. This interactive one-hour session is designed for graduate students at the University of Cincinnati to learn about boundaries and reflect on their own boundaries. This session will incorporate lecture, small group discussion, and worksheets to explore the topic of boundaries.

**Learning Outcomes**

- Participants will learn how to define boundaries
- Participants will learn about the various types of boundaries
- Participants will explore obstacles to boundary-setting
- Participants will have an opportunity to reflect on their boundaries and begin to develop a personalized boundary setting plan

## AFTERNOON SESSIONS

1:45 - 2:45  
PM

### Session #3 - Session #4

3:00 - 4:00  
PM

#### **Students of Color Panel – (Session #3 ONLY)** - (Room 415)

**Presenters:** Samieh Askarian, (she/her); Roderick Pearson (he/him); Kierra Ware, (she/her)

**Description:** Join a “Students of Color Panel” discussion on the unique mental health challenges faced by students of color. Our diverse panelists will share their personal experiences and insights on navigating mental wellness in different cultural contexts. This event is an open forum for everyone to engage in a frank conversation about mental health. Bring your questions and feel free to share your experiences in a supportive and understanding environment.

#### **Learning Outcomes:**

- Participants will gain a deeper understanding of the unique mental health challenges that students of color face, including how cultural, racial, and social factors impact mental wellness.
- Participants will develop an awareness of the diverse cultural perspectives on mental health and learn to appreciate the varied experiences of students from different backgrounds.
- Participants will enhance skills in empathetic listening and effective communication, particularly in discussions around sensitive topics like mental health and cultural differences.

#### **Understanding the Impact of Posttraumatic Stress Disorder: Keys to Resilience and Treatment (Session #4 ONLY)** - (Room 415)

**Presenters:** Kate Chard, PhD, (she/her), Associate Chief of Staff for Research and Director of Trauma Recovery Center, Cincinnati Veterans Administration Medical Center, Director UC Stress Center, Professor of Clinical Psychiatry and Behavioral Neuroscience

**Description:** This talk will review causes of stress, the impact of stress on the body and provide an introduction to PTSD. The presenter will talk about the biology behind PTSD and review the best treatments for PTSD. Myths and Facts will be reviewed for reducing stress and receiving behavioral health care.

#### **Learning Outcomes:**

- 1) To be able to decide if mental health treatment for PTSD is needed
- 2) To identify the key ways of managing and reducing stress

#### **Navigating Difficult Conversations with your Advisor and Other Asymmetrical Power Relationships** - (Room 417)

**Presenters:** Kea Brown, PsyD, (she/her), Staff Clinician, CAPS; Mark Baccei, PhD, (he/him), Professor Anesthesiology, College of Medicine; Theresa Culley, PhD, (she/her), Professor Biological Sciences, College of Arts & Sciences; Daniel Weeks, MM, (he/him), Associate Professor of Voice and Interim Division Head of Performance Studies, Cincinnati Conservatory of Music

**Description:** Having conversations where there is a power imbalance can be difficult, and these conversations often take place as we navigate the rigor of graduate programs. In addition to learning some coping strategies to manage potential stress from these conversations, hear from our panel of research advisors from four UC colleges on how to navigate asymmetrical power relationships.

#### **Learning Outcomes:**

- Participants will learn tangible coping strategies for approaching difficult conversations, including those involving a faculty advisor
- Participants will learn how to navigate conversations with asymmetrical power relationships
- Participants will increase their knowledge of how to advocate for themselves

#### **Beyond Borders: Nurturing Mental Health and Careers for International Students** - (Room 419)

**Presenters:** Mrudula Josyula (she/her), graduate student

**Description:** The intricate relationship between mental health and career development for international students in the U.S., with a focus on fostering resilience, enhancing support structures, and nurturing their holistic growth. We aim to bolster the mental well-being of international students, ensuring it becomes a cornerstone of their academic and professional journeys..

#### **Learning Outcomes:**

- Participants will learn understand the intersection of mental health challenges and career uncertainties faced by international students, emphasizing the impact of stress, belonging, and self-esteem on their professional journeys.
- Participants will learn tools to cope with the stresses of

acculturation, job market navigation, and career uncertainties and build resilience among international students.

## **Self-Compassion and Mindfulness** - (Room 423)

**Presenters:** Meriden McGraw, (she/her), UC Osher Center for Integrative Wellness

**Description:** Whether you have no idea what this new buzzword even means or practice mindfulness every day, Meriden's lively and interactive workshop will teach you tools you can use as soon as you leave. Mindfulness is not just meditating in a silent room! You will learn what else it can look like and learn how it can help you live a healthier, happier, and more stress-free life!

### **Learning Outcomes:**

- Participants will deepen their understanding of the interplay between mindfulness and self-compassion, developing the ability to integrate these practices for enhanced emotional well-being
- Participants will cultivate advanced skills in applying mindfulness techniques to navigate challenging emotions and fostering a greater sense of self-compassion and empathy towards others

## **QPR (Question, Persuade, Refer) Suicide Prevention Gatekeeper Certification (Session #3 and #4)** - (Room 425)

**Presenters:** Gianluca Bruno, MA, LPCC-S, (he/him), CAPS Contemplative Practices Coordinator, Embedded Counselor College of Arts & Sciences

**Description:** Become certified for two years in QPR (Question, Persuade, Refer) Suicide Prevention Gatekeeper Training. QPR (Question, Persuade, Refer), three simple steps anyone can learn to help save a life from suicide. Just as people are trained in CPR and the Heimlich Maneuver helps save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

### **Learning Outcomes:**

- Participants will recognize the warning signs of suicide
- Participants will know how to offer hope
- Participants will learn how to get help and save a life

## **Helping the Helpers: Avoiding Burnout, Compassion Fatigue, and Vicarious Trauma in a Helping Profession** - (Room 427)

**Presenters:** Wayne Herriford, (he/him), LPCC-S, Counselor at Flourish Psychotherapy and owner of Wayne Herriford Counseling; Christin McIlwain, LPC, (she/her), Licensed Professional Counselor and owner of A Purposeful Path Counseling; Libbey Ketterer, LCSW, (she/her), Associate Clinician at The Cincinnati Anxiety Center; Dr. Amber Irwin, DNP, APRN-CNP, MSN, PMHNP-BC, BSN, RN, (she/her), Assistant Professor, UC College of Nursing

**Description:** Helping professionals dedicate their lives to supporting and nurturing the wellbeing of others yet face some of the highest rates of burnout in the professional world. Why are so many helpers burning out, and what can we do to avoid the same fate? In this panel discussion, hear from helpers across the industry about compassion fatigue, vicarious trauma, avoiding burnout, and how to effectively practice self-care to prioritize your wellness.

### **Learning Outcomes:**

- Participants will learn about burnout, compassion fatigue, and vicarious trauma, and how these impact individuals in helping professions (such as counselors, social workers, and nurses)
- Participants will understand the importance of self-care and how to effectively practice self-care in your daily life

**Track Levels** (previous knowledge/expertise)-  
Beginner, Intermediate, Advanced





## UC CAMPUS RESOURCE PARTNERS

- **Counseling and Psychological Services (CAPS)**  
Individual and group counseling services + crisis support | (513) 556-0648 | [uc.edu/campus-life/caps](http://uc.edu/campus-life/caps)
- **UC Student Wellness Center**  
Health and wellness resources and information | (513) 556-6124 | [uc.edu/campus-life/wellness](http://uc.edu/campus-life/wellness)
- **UC Ombuds Office**  
Safe place to report university conflicts | (513) 556-5956 | [uc.edu/campus-life/ombuds-office](http://uc.edu/campus-life/ombuds-office)
- **UC Health Stress Center**  
Helping local individuals and families with effects of PTSD | (513) 585-5872 | [uhealth.com/stress-center](http://uhealth.com/stress-center)
- **UC Campus Recreation**  
On campus recreation and fitness center | (513) 556-0603 | [uc.edu/campus-life/campus-rec](http://uc.edu/campus-life/campus-rec)
- **Women Helping Women On-Campus Advocates**  
On campus support for survivors of gender-based violence | (513) 431-3807 | [uc.edu/campus-life/safe](http://uc.edu/campus-life/safe)
- **UC LGBTQ+ Center**  
Support and advocacy for all genders and identities | (513) 556-7533 | [uc.edu/campus-life/lgbtq](http://uc.edu/campus-life/lgbtq)
- **UC Office of Equity, Gender, and Inclusion**  
Ensures equal access to university programs and activities | (513) 556-5000 | [uc.edu/about/equity-inclusion/gender-equity](http://uc.edu/about/equity-inclusion/gender-equity)
- **UC Accessibility Resources**  
Committed to providing full and equal access to students, employees and visitors with disabilities | (513) 556-6823 | [uc.edu/campus-life/accessibility-resources.html](http://uc.edu/campus-life/accessibility-resources.html)
- **UC Graduate College**  
Awards, events and support for current graduate students and post doctoral. | (513) 556-4335 | [grad.uc.edu](http://grad.uc.edu)

## CINCINNATI COMMUNITY RESOURCES

- **Talbert House - Mental Health and Addiction Services** | (513)-281-CARE | [talberthouse.org](http://talberthouse.org)
- **Equitas Health - Health services for LGBTQ+ community** | (883)-378-4827 | [equitashealth.com](http://equitashealth.com)
- **Center For Addiction Treatment - Inpatient and outpatient substance use and addiction services** | (513)-381-6672 | [catsober.org](http://catsober.org)
- **NAMI Southwest Ohio - Mental health services for all, including family and friends** | (513) 351-3500 | [namiswoh.org](http://namiswoh.org)
- **The Crossroads Center - Addiction, behavioral, and mental health holistic treatment programs** | (513)-475-5300 | [thecrossroadscenter.org](http://thecrossroadscenter.org)
- **1N5 - Suicide prevention and mental health stigma reduction** | (513)-814-3007 | [1n5.org](http://1n5.org)
- **Lindner Center of HOPE - Inpatient and outpatient mental healthcare and addiction treatment** | (513) 536-4673 | [lindnercenterofhope.com](http://lindnercenterofhope.com)
- **PreventionFIRST! - Youth substance use services** | (513)-751-8000 | [prevention-first.org/home](http://prevention-first.org/home)
- **Pet Partners of Greater Cincinnati - Volunteer group providing animal assisted activities and outreach** | (513) 788-1570 | [tpgcpets.org](http://tpgcpets.org)
- **Eating Recovery Center - Eating disorder treatment center** | (513) 808-9220 | [eatingrecoverycenter.com](http://eatingrecoverycenter.com)
- **Mental Health America of Northern Kentucky and Southwest Ohio - Mental health promotion and prevention services** | (513)-721-2910 | [www.mhankyswoh.org](http://www.mhankyswoh.org)
- **Hello Sunshine Yoga - Yoga and wellness studio** | (513) 643-0215 | [www.hellosunshinyoga.com](http://www.hellosunshinyoga.com)
- **MY FAVE FIVE - Mobile App helps identify build relationships with trusted people and healthy coping skills** | (419) 351-1382 | [myfave5.org](http://myfave5.org)

## ON-CAMPUS RESOURCES

- **SKY @UC**  
[campuslink.uc.edu/organization/skyuc](http://campuslink.uc.edu/organization/skyuc)
- **UC Women's Center**  
[uc.edu/campus-life/womens-center](http://uc.edu/campus-life/womens-center)
- **Osher Center for Integrative Health and Wellness**  
[med.uc.edu/institutes/integrative](http://med.uc.edu/institutes/integrative)
- **University Health Services**  
[med.uc.edu/landing-pages/university-health](http://med.uc.edu/landing-pages/university-health)
- **Be Well UC Staff Wellness**  
[mailuc.sharepoint.com/sites/HR-BeWellUC](http://mailuc.sharepoint.com/sites/HR-BeWellUC)
- **UC Benefits & Employee Assistance Program**  
[mailuc.sharepoint.com/sites/HR-Benefits/SitePages/Employee-Assistance-PLa.aspx](http://mailuc.sharepoint.com/sites/HR-Benefits/SitePages/Employee-Assistance-PLa.aspx)
- **African American Cultural Resource Center (AARC)**  
[uc.edu/campus-life/aarc](http://uc.edu/campus-life/aarc)
- **Healthy UC**  
[uc.edu/health/healthyuc](http://uc.edu/health/healthyuc)
- **Bearcats Got Your Back**  
[uc.edu/campus-life/got-your-back](http://uc.edu/campus-life/got-your-back)
- **Veterans Programs and Services**  
[uc.edu/campus-life/veterans](http://uc.edu/campus-life/veterans)
- **Graduate Student Government Association**  
[uc.edu/campus-life/grad-student-gov](http://uc.edu/campus-life/grad-student-gov)
- **Ethnic Programs and Services**  
[uc.edu/campus-life/eps](http://uc.edu/campus-life/eps)

- **Lighthouse Youth and Family Services**  
[lys.org](http://lys.org)
- **National Eating Disorders Association**  
[nationaleatingdisorders.org](http://nationaleatingdisorders.org)
- **Cincinnati Children's Hospital Medical Center**  
[cincinnatichildrens.org](http://cincinnatichildrens.org)

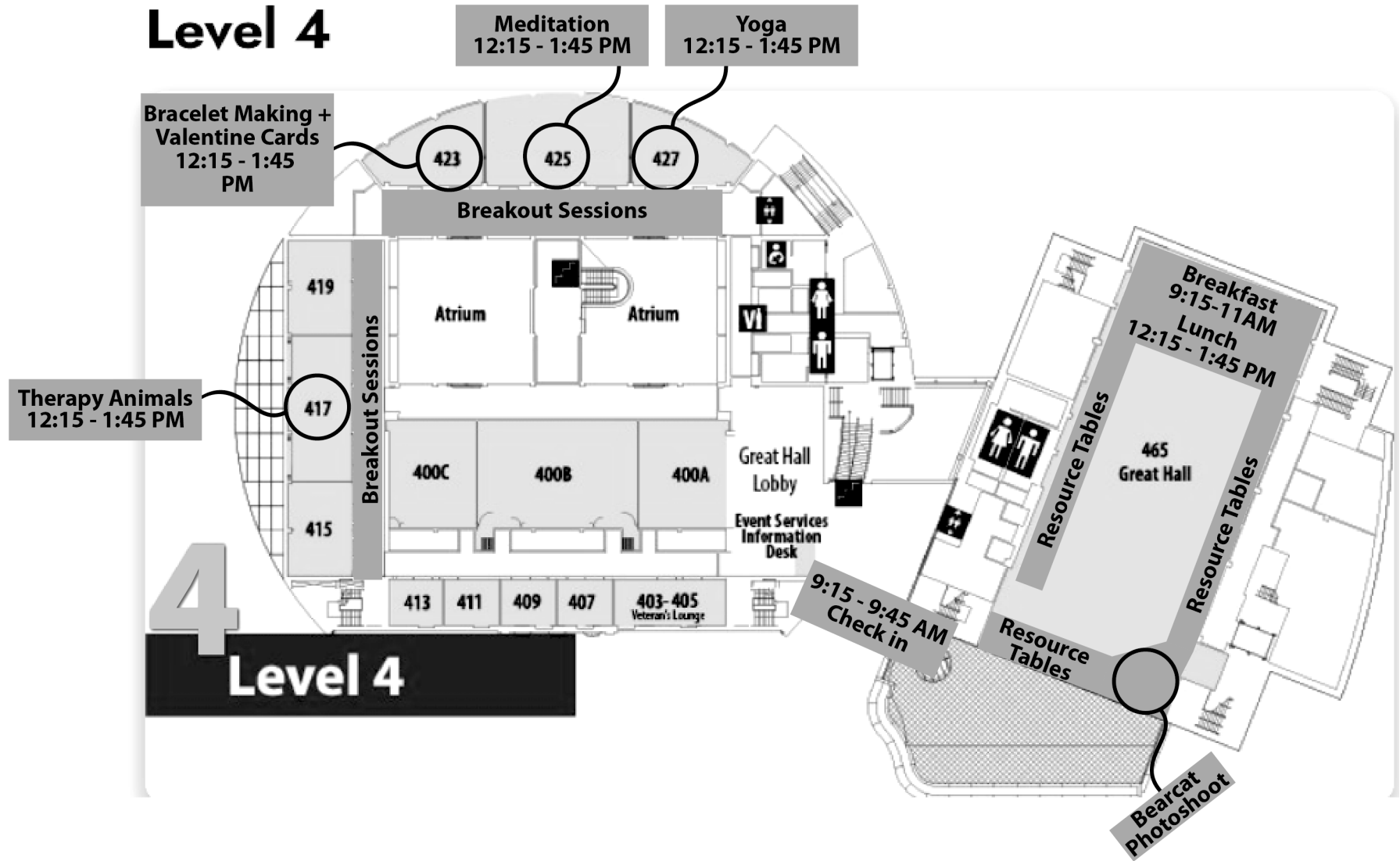
## MENTAL HEALTH CRISIS NUMBERS

- **988**  
Suicide and Crisis Hotline (call or text 24/7)
- **(513)-556-0648**  
CAPS Crisis Hotline (call 24/7)
- **(800)-662-4357**  
Substance Use Hotline (call 24/7)
- **(513)-281-CARE**  
Talbert House hotline (call 24/7 or text 839863)
- **(800)-799-7233**  
National Domestic Violence Hotline (call 24/7)
- **(513)-381-5610**  
Women Helping Women Local Hotline (call or text 24/7)

## OFF-CAMPUS + COMMUNITY RESOURCES

- **Greater Cincinnati Behavioral Health**  
[gcbhs.com](http://gcbhs.com)
- **Center for Closing the Health Gap**  
[closingthehealthgap.org](http://closingthehealthgap.org)
- **Ohio Suicide Prevention Foundation (OSPF)**  
[ohiospf.org](http://ohiospf.org)





# THANK YOU!

## Many Thanks to the Following 2024 Mental Health Summit Partners:

|                    |                     |                     |
|--------------------|---------------------|---------------------|
| Keesha Alston      | Imane Halal         | Caitie Norrie       |
| Luna Amin          | Heather Hauser      | Oneya Okuwobi       |
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| Omotayo Banjo      | Rose Hofstetter     | Banshree Patel      |
| Kaitlin Bauer      | Amber Irwin         | Malinda Paul        |
| Jen Basinger       | Jade Jacobs         | Roderick Pearson    |
| Anna Bergholtz     | Emma Jenkins        | Gibin Raju          |
| Chevonne Bridgeman | Stacy Jenkins       | Julia Saldanha      |
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| Suzy Culbertson    | Olivia Messer       | Rose Marie Ward     |
| Theresa Culley     | Jason Miller        | Kierra Ware         |
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| Halee Edwards      | Teri Nau            | Danielle Williams   |
| Aisha Evans        | Emily Naveira       | Brandilyn Worrell   |
| Casey Frazee Katz  | Hollie Nesbitt      | Brady Wright        |
| Monica Gray        | Marielle Newton     | Joan Wyler          |
| Victoria Hadrick   | Will Nordquist      |                     |

## Thank you for attending. The Graduate College wants to see you again!

The Graduate College offers professional development, mental health, and student celebration events throughout the year. Get skilled, healthy, and happy with your fellow grad students!

- New Student Welcome & Orientation, first Friday of each semester
- Doctoral Hooding and Master's Recognition graduation ceremony, final week of each semester
- Three Minute Thesis Competition, preliminary rounds and final competition, every January through February
- Graduate Student Appreciation week, every April
- World Kindness Week, every November
- Preparing Future Faculty opportunities year-round
- Professional development workshops year-round
- Mental Health workshops year-around
- Post Doctoral Student Appreciation Week, September
- First Generation Student event, November

Stay up-to-date about upcoming Graduate College events! Read the **GradCurrents** student newsletter on Wednesdays, join the Graduate College on **GetInvolvedUC** (a one-stop site for student events and programming), or follow **@gradcollegeuc** on social media.

The Graduate College on GetInvolved UC



Meet the Graduate College Staff



And a special thanks to Virginia Dennis—UC Advisory Board for Graduate Student Mental Health and Mental Health Summit Planning Committee Leader for her tireless work in running the first Graduate College Mental Health Summit.



