

Prevention and Promotion Events:

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The P&P team creates events to help raise mental health awareness, reduce stigma, and encourage students to engage in wellness strategies that they can use to navigate their day.

- **Prevention** oriented events are meant to support students with making healthy choices and developing helpful skills to prevent the onset of illnesses.
- **Intervention** oriented events has a goal of supporting students with improving their well-being in the moment.
- **Education** oriented events are meant to provide students with information on a specific wellness topic.