İSTANBUL MEDİPOL UNIVERSITY

OCTOBER 10 - WORLD MENTAL HEALTH DAY

SUPPORT MENTAL HEALTH, STAY STRONG!

Mental health is the cornerstone of our quality of life. On this special day, we emphasize the importance of maintaining and supporting our mental well-being. Taking care of mental health and seeking support when needed is a human right for everyone.

Learn how to cope with stress

Take time for yourself and rest

Don't hesitate to ask for help

Care about others' mental health too

Together, let's build a healthier and stronger future! Remember, you are not alone!

Raise awareness and offer support on World Mental Health Day!

Scan the QR code, fill out the application form, and send it to the following address: pdrbasvuru@medipol.edu.tr (Your application will be placed in a queue, and you will be contacted accordingly.)

3 SAĞLIK VE KALİTELİ YAŞAM

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