



Mental Health Awareness Day

Thursday, May 7, 2026
9:00 am-3:30 pm

On May 7, Be Well at Work Employee Assistance invites you to prioritize your mental health. The day will include virtual workshops highlighting mental health education and well-being strategies, as well as in-person experiential activities to support your mental health needs. We hope you will join us!

Event Schedule

9:00 AM	For Managers and Supervisors: Mental Health, Behavior, and the Workplace*
10:30 AM	Mindful Eating and Mental Health*
11:45 AM	Gather & Ground: Community Picnic**
12:10 PM	Cultivating Calm: A Sensory-Based Mindfulness Workshop**
1:00 PM	Rewriting the Narrative: A Storytelling Toolkit for Resilience*
2:00 PM	Navigating Personal Loss at Work*
3:15 PM	Leaves on a Stream Guided Meditation*

*Online Webinar ** In-Person at Staff Garden (next to Li Ka Shing building)

Our in-person events will take place during the lunch hour, and we encourage you to bring your lunch, gather with your team, and enjoy a little outdoor time to connect with colleagues. Blankets and lemonade will be provided.



If you require any accommodation, please email Karen Patchell (kpatchell@berkeley.edu) at least 7-10 days prior to the event.



Learn more: Scan QR code or visit uhs.berkeley.edu/mhaday



Be Well at Work
Faculty/Staff Health Programs