April 24, 2021: A Virtual Day of Action

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Join the Utah State University Department of Psychology for this year's virtual Day of Action for Suicide Prevention. Our department along in conjunction with the American Foundation for Suicide Prevention will be holding a virtual Day of Action with programming to support suicide prevention efforts around the state of Utah.

Friday, April 23

Packet pickup available in front of the Education Building.

Saturday, April 24

Packet pickup available in front of the Education Building.

12:00 - Opening Ceremony

12:30 - It's Real film screening and breakouts

1:30 - 2:30 - USU Panels (Room 1 - Lived Experiences & Room 2 - Mental Health and Self Care)

2:30 - Complete a Day of Action activity on your own! (e.g. walk, mediate, call a friend, ride a bike)

Register Now