

# UPR Humacao and Aguadilla come together to celebrate Mental Health Month <sup>[1]</sup>

Submitted on 30 September 2020 - 4:10pm

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No

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(Humacao, PR) - Historically, the Counseling Departments of the University of Puerto Rico in Humacao (UPRH) and UPR in Aguadilla, come together to carry out a series of virtual activities during the month of October with the purpose of celebrate Mental Health Month.

This year will be a special one, since from October 1 to 29, 2020, health professionals and specialists together with students from both institutions will offer seven activities for the university community focused on topics such as the gender perspective and inclusive language , the strengthening of mental health during the pandemic, self-harm without suicidal intent, anxiety management during the pandemic, among others.

To read the full news story, please access the Spanish version of this website.

**Tags:** • [#UPRH #UPRAG #SaludMental #MesDeLaSaludMental](#) [2]

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