

Goals and Objectives

Goal: To increase the awareness of mental health issues among Indiana State University students and provide helpful resources on campus and in the community.

Process Objectives:

1. By the end of the program, 80% of participants should be able to draw on the pillow a picture, word, or symbol that makes them happy.
2. By the end of the program, 80% of participants will be able to identify two mental health illnesses and their symptoms.