

LET'S TACO'BOUT MENTAL HEALTH

WORLD
MENTAL
HEALTH
DAY



WEDNESDAY,
OCTOBER 14, 2026



FHS QUAD



DURING
LUNCH

Come hang out, learn something new, and
take a moment to take care of your mind!

5 INTERACTIVE STATIONS

FOCUSED ON MENTAL HEALTH, WELLNESS, AND SELF-CARE!

1 SHRED YOUR STRESS



Write down a stressor
that you want to let go
and shred it away!

2 TACO 'BOUT YOUR JAM



Add a song to the FHS
Playlist that motivates,
inspires, or gets you
through a rough day.

3 PREP



Stop by to learn what
resources PREP offers
to earn elective and PE
credits!

4 MENTAL HEALTH: MYTH OR FACT?



Put your mental health
knowledge to the test!
Can you tell the difference
between a myth and a fact?

5 OUTREACH CLUB



Learn about the
Outreach Club and
how you can get
involved on campus!



PARTICIPATE IN AT LEAST
2 STATIONS =

FREE
PREP WALKING TACO!



QUESTIONS? VISIT THE WELLNESS CENTER IN ROOM 500



YOUR MENTAL
HEALTH MATTERS.

