

MENTAL HEALTH HYGIENE FOR STAFF

Healthy Minds | Productive Teams | A Stronger Makerere

Join the **Counselling and Guidance Center** in partnership with **Solid Minds Counselling Clinic** for an engaging session on practical ways to care for your mental health and well-being at work and everyday life.



DATE
THURSDAY,
OCTOBER 15TH, 2026



TIME
10:00 AM



VENUE
**SENIOR COMMON ROOM,
MAIN BUILDING**



*Mental Health
Matters*

Your well-being fuels
your impact at Makerere.

Let's learn. Let's support. Let's thrive.

