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It just made me realize that I share a lot of common experiences with my fellow classmates. We must get to know each other and our stories rather than judging on first glance.

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—student observation
from 2015 event



Take A Mental Health Day 2016 September 22

SYKES UNION BALLROOMS

*All events are open and free to WCU students,
staff and faculty.*



12:00 to 2:00
FREE picnic lunch

2:00 to 3:00
Dave Romano

Dave lives with depression and experienced the dark lows of self-injury and a suicide attempt. Dave is committed to letting others know, especially athletes and men, that it isn't a weakness to ask for help.

See Dave HERE: <https://youtu.be/XoiJdVTbxTE>



3:30 to 4:30
J. Daneé Sergeant

Daneé is a survivor of trauma, homelessness, and substance abuse disorder, who lives with bipolar disorder. She empowers others to embrace who they are and seek help, and she serves as a peer specialist to LGBT-identified mental health consumers.

See Daneé Here: <https://youtu.be/uJ9CWWhXzMQo>



7:30 to 8:30
Dr. Richard Kogan

Dr. Kogan's presentations are extraordinary. He tells vivid stories about famous composers who suffered mental problems—frequent among highly creative people—while illustrating the composer's work by exquisitely playing excerpts from their compositions.

See Dr. Kogan HERE: <https://youtu.be/PDNhzfcNJqQ>