

JOIN US IN OBSERVING MENTAL HEALTH AWARENESS MONTH 2026

Mental health challenges affect millions every day. Since being established in 1949, Mental Health Awareness Month creates awareness about these issues and celebrates the recovery of individuals who overcome these challenges everyday.

The University of Memphis Department of Human Resources, is partnering with Here4TN and the R. Brad Martin Wellness Center to offer a variety of in-person and online events.

EVENT SCHEDULE

Registration for all events is in Oracle. All events start at Noon.

Participants in online workshops will be sent a Teams link prior to the event.

MAY 1	MAY 4	MAY 5	MAY 6	MAY 7
<p>Kickoff Walk In-Person</p> <p>Location: Memorial Field</p> <p>Join us as we get fresh air with friends, colleagues, and walk for mental health.</p>	<p>Move to Improve Mental Health Workshop Online</p> <p>Location: Oracle/Teams</p> <p>Learn about the impact and importance of movement on mental health.</p>	<p>Yoga on the Lawn at Lambuth In-Person</p> <p>Location: Lambuth Quad</p> <p>Lambuth employees can relax and enjoy the fresh air with a guided yoga session on the quad.</p>	<p>R. Brad Martin Wellness Center Open House In-Person</p> <p>Location: R. Brad Martin Wellness Center</p> <p>See what the Wellness Center has to offer for staff and faculty.</p>	<p>Supporting Mental Health in the Workplace Workshop Online</p> <p>Location: Oracle/Teams</p> <p>Learn best practices for a supportive work environment.</p>

MAY 8

Relaxation Zone
In-Person

Location:
Maxine A. Smith
University Center
Room 227

Take a mental break with massage chairs and stress balls as the Relaxation Zone opens for a special session for employees.

MAY 11

Walk for Mental Health
In-Person

Location:
Lambuth Quad

Walk around the quad at Lambuth or on your own on the main campus.

MAY 12

Men's Mental Health Workshop
Online

Location:
Oracle/Teams

Learn about mental health challenges and management for men.

MAY 13

Managing Stress Workshop
In-Person

Location:
177B Administration

Learn more about the impacts of stress and how to best manage them.

MAY 14

Yoga at the Wellness Center
In-Person

Location:
R. Brad Martin
Wellness Center

Participate in a relaxing and rewarding session of guided yoga.

MAY 15

Support for Caregivers Workshop
Online

Location:
Oracle/Teams

Learn how to balance caregiving and life, and support colleagues who are caregivers.

MAY 18

Making the Most of Your Workday Workshop
Online

Location:
Oracle/Teams

Learn how to make the most of your time and stress less about your workday.

MAY 19

Yoga on the Lawn at Lambuth
In-Person

Location:
Lambuth Quad

Lambuth employees can relax and enjoy the fresh air with a guided yoga session on the quad.

MAY 20

Menopause and Mental Health
Online

Location:
Oracle/Teams

Learn about the impacts of menopause on mental health and how to best manage.

MAY 21

Yoga at the Wellness Center
In-Person

Location:
R. Brad Martin
Wellness Center

Participate in a relaxing and rewarding session of guided yoga.

MAY 22

Mental Health for Managers Workshop
Online

Location:
Oracle/Teams

Learn how to manage your mental health while leading your team.

MAY 26

Yoga on the Lawn at Lambuth
In-Person

Location:
Lambuth Quad

Lambuth employees can relax and enjoy the fresh air with a guided yoga session on the quad.

MAY 27

Support for Caregivers Workshop
In-Person

Location:
177B Administration

Learn how to balance caregiving and life, and support colleagues who are caregivers.

MAY 28

Yoga at the Wellness Center
In-Person

Location:
R. Brad Martin
Wellness Center

Participate in a relaxing and rewarding session of guided yoga.

MAY 29

Relaxation Zone
In-Person

Location:
Maxine A. Smith
University Center
Room 227

Take a mental break with massage chairs and stress balls as the relaxation Zone opens for a special session for employees.



Human Resources

For inquiries, please contact:
engagement@memphis.edu

Registration is required.

Oracle >Me Tab> Learning
>Learning Catalog > Search 2026
Mental Health in May