



OHIO PROGRAM *for*
**CAMPUS SAFETY
& MENTAL HEALTH**
A NEOMED CCoE

OPCSMH 2024-2025 Webinar Series

THE ESSENTIAL ROLE OF SLEEP IN COLLEGE MENTAL HEALTH

This webinar will describe the most common causes and consequences of poor sleep in college students. The talk will use insights from neuroscience to describe the bidirectional relationship between sleep and mental health, including relationships between sleep disturbances, loneliness, and suicidality. The talk will conclude with practical ways university health centers can better identify and support students with disturbed sleep.

TIME

November 7th, 2024

12:00pm-1:00pm EST

SPEAKER

J. Roxanne Prichard, PhD, Professor of Psychology, University of St. Thomas



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Questions?

Contact us at opcsmh@neomed.edu

