
Visit the [Movies for Mental Health](https://moviesformentalhealth.com) website to learn more about their workshops that incorporate mind-body exercises and emphasize discussion, short film screenings, and real-time access to mental health resources. Knowing that art speaks the language of our interior worlds, Movies for Mental Health (Online) is a free, 1.5-hour virtual workshop that focuses on creating a dialogue about the topic of mental health among college students.

The Mental Health Impact and Confronting Our Racism remain at the forefront of our work. Visit their [website](https://mentalhealthimpact.org) for more information.

For more information about Student Affairs updates, please visit [Student Affairs Updates](https://studentaffairs.utah.edu/).