

SDG 3 – Mental health support

## Mental Health Matters : its ok not to be ok. Lets Talk

The student association of the Faculty of Social and Political Sciences, Sriwijaya University held a webinar with the theme "Mental Health Matters: its ok not to be ok. Lets Talk!" which is open to the public.

The poster is purple with white and yellow accents. At the top, it features the logos of Universitas Sriwijaya and the Faculty of Social and Political Sciences. The main title is "Mental Health" in a white rounded rectangle, followed by the subtitle "Mental Health Matters : Its ok not to be ok. Let's Talk!". Below this, two speakers are introduced: Rinjani, a student from Universitas Sriwijaya, and Sayang Ajeng Mardhiyah, a lecturer from Universitas Sriwijaya. The event details include the date (June 12, 2022), time (09:00 onwards), and platform (Zoom Meeting). A registration link is provided, and the event is free. Benefits listed include an e-certificate, door prizes for three participants, and useful knowledge. The poster is sponsored by by.U and is open to the public. Contact information for Almira is also provided.

**Mental Health**

**"Mental Health Matters :  
It's ok not to be ok. Let's Talk!"**

**Moderator**

**Rinjani**  
Mahasiswi Ilmu Komunikasi  
Universitas Sriwijaya

**Narasumber**

**Sayang Ajeng Mardhiyah, S.Psi., M.Si.**  
Dosen Prodi Psikologi Fakultas Kedokteran  
Universitas Sriwijaya

**Link Pendaftaran :**  
<https://bit.ly/WebinarMentalHealthMatters>

**Benefit :**

1. E-Sertifikat
2. Doorprize menarik (3 orang peserta)
3. Ilmu yang bermanfaat

**Sponsorship :** by.U  
Terbuka untuk umum

**Almira (0878-2569-9488)**

Link: <https://minartis.com/mental-health-matters-its-ok-not-to-be-ok-lets-talk/>