

Advocacy work by Human-Service

In the course of an academic/school year, as part of our effort, Human-Service tries to raise awareness to various topics relating to psychological growth and wellness. Each week we bring into focus an issue based on UNESCO's and other advocacy calendars dedicated to recognize specific important matters. Every week therefore we hand out brochures and other resources to inform and educate students on these topics. See below a mental health weekly calendar Hunan-Service uses as an integrated outreach effort in support of student counseling service:

Number of week beginning with Jan. 1 st	Theme of the week we bring into focus
1	Dynamics of introverted people and extraverted individuals – test yourself!
2	Orientation – choosing a career that fits!
3	Living in a foreign country – how to overcome barriers and make cultural adjustments to Hungary
4	Overcoming test anxiety
5	Multi generational traumas and stopping learned negative behaviors – Understanding dysfunction in a family
6	Smoking – giving up methods and getting rid of addictions
7	Valentine's day – commitment – long term relationships – deepening friendships
8	Communication – focusing on verbal and non verbal skills
9	Domestic violence (victims and aggressors)
10	Work-life balance – managing time in a world of expectations
11	Loneliness and feeling alone
12	Enhancing and deepening our understanding of joy and happiness
13	Racial discrimination – coping with race related stress
14	Post traumatic Stress Disorder (PTSD)
15	World health day – relationship between mental health and fitness
16	Panic disorders – getting rid of symptoms
17	Academic honesty – authenticity - how to avoid the slippery slope
18	Death and dying – search for meaning in life
19	Job interviews – making a good impression
20	Family – characteristic of sound families (growing up in a healthy or dysfunctional family)
21	Celebrating cultural diversity – enhancing cross-cultural communication skills
22	Growing up in a single parent home – divorce in a family
23	Act of love – learning and extending love (self and others)
24	Focusing on personality tests - BIG FIVE
25	Childhood traumas – recognizing physical and psychological abuse
26	Relating to the elderly – understanding generation gaps
27	Grief – dealing with loss in the family
28	Drug and substance abuse – effects – getting rid of unhealthy habits
29	Dealing with depression – mood disorders – mood swings

Number of week	Theme of the week we bring into focus
30	Time management – organizing things your way! – Overcoming procrastination
31	Recovering from shame and guilt
32	Perfectionism
33	First generation college/university students
34	Compulsive obsessive behaviors – ways out of suffocating rules
35	Body image – eating disorders
36	Benefits of charity and volunteer work
37	Living with learning disabilities (recognizing and overcoming challenges)
38	Personality disorders – living with serious mental illnesses
39	Setting up healthy boundaries to protect myself
40	Learning to improve concentration – attention deficit
41	Suicide prevention – learning to help yourself and others
42	Phobias – dealing with fears and anxieties
43	Insomnia and other sleeping disorders
44	Sexuality – feeling comfortable – understanding the biochemistry of the human mind
45	Addictive relationships
46	Relating to UNESCO day of tolerance – active listening and self-awareness
47	Improving self-confidence
48	Helping others (friends or students) in distress
49	World AIDS day – living together with illness
50	Value based decision making techniques
51	Being assertive in a diverse world
52	Spirituality – focusing on spiritual growth
53	Kindness and me!