



For Immediate Release

MICHIGAN SCIENCE CENTER HOSTS “GAME ON FOR MENTAL HEALTH” EVENT
IN PARTNERSHIP WITH DETROIT WAYNE INTEGRATED HEALTH NETWORK
AND YOUTH UNITED

Detroit, Mich., Nov. 21, 2023 – The Michigan Science Center (Mi-Sci), in partnership with Detroit Wayne Integrated Health Network (DWIHN) and Youth United, is excited to announce an upcoming First Friday event, “Game On For Mental Health.” This innovative event, scheduled for Friday, December 1, from 5:00 p.m. to 8:00 p.m., aims to explore the interplay between mental health and gaming.

As part of Mi-Sci’s popular First Friday Late Nights series, which extends museum hours until 8 p.m. on the First Friday of every month, this special event offers an engaging and educational experience for families, couples, and individuals. It's a perfect opportunity for those unable to visit during regular hours to explore Mi-Sci’s dynamic exhibits and theater shows.

“There can be some positive benefits to gaming and mental health,” said Dr. Shama Faheem, DWIHN Chief Medical Officer. “It can be used to unwind, develop complex problem-solving skills, and improve mood and concentration. Gamers just need to be mindful that, with all things, moderation is key. Set time limits, choose strategic games that make you think, and play with friends which will help with socialization.”

“Game On For Mental Health” will include a diverse array of activities, including:

- Mental Health Gaming Tournament: A friendly competition where participants can demonstrate their gaming prowess and promote mental health awareness.
- VR Gaming Experiences: Engage with state-of-the-art virtual and augmented reality games that emphasize mental health themes.
- #GameOnForMentalHealth Social Media Challenge: Share your high scores on social media for a chance to win exciting prizes.
- Art and Mental Health Workshops: Conducted by the Mi-Sci team and DWIHN Art Therapist, these sessions invite attendees to express themselves creatively while focusing on mental well-being.
- Coffee Talk with Dr. Faheem: An informal session to discuss mental health and gaming with Dr. Faheem.
- Youth United One-on-One Conversations: Engage in meaningful dialogues about mental health and gaming.

We invite everyone to join us for an evening of exploration, conversation, and fun. Connect with us on social media using #GameOnForMentalHealth to be a part of this unique event.

The event is included with a General Admission ticket and can be purchased at www.mi-sci.org. Mi-Sci is located at 5020 John R. Street in Midtown, Detroit and is open from 10 a.m. to 4 p.m., Tuesday through Sunday and until 8 p.m. on the first Friday of every month.

DWIHN: Detroit Wayne Integrated Health Network

DWIHN is the largest Community Mental Health public safety net in Michigan serving 75,000 people with mental illness, substance use, intellectual and developmental disabilities, and children with serious emotional disturbance. The 24/7 Access Helpline is always available at 800-241-4949. You can also download the myDWIHN app or log onto: www.dwihn.org for more information.
<https://www.dwihn.org/>

Youth United:

Youth United (YU) is an initiative that promotes advocacy and action among young people by using positive values and philosophy. YU advocates are passionate and not afraid to have courageous conversations about bullying, gun violence, human trafficking, substance use, mental illness, diversity, equity and inclusion, and breaking down stigmas and stereotypes.
<https://www.dwihn.org/YouthUnited>

The Michigan Science Center

The Michigan Science Center (Mi-Sci) is a Smithsonian affiliate that inspires nearly 250,000 curious minds of all ages every year through STEM (science, technology, engineering, and math) discovery, innovation and interactive education in Detroit and across Michigan. As a STEM hub, Mi-Sci focuses on developing and introducing expanded education programs, exhibits and initiatives to empower and enrich our children and community. Through their Traveling Science Program and distance learning initiative, ECHO Live!, Mi-Sci is expanding beyond its Detroit-based facility, with a goal of reaching all 83 counties of Michigan. With the Toyota Engineering 4D Theater, live science demonstrations, lab activities and 220+ interactive exhibits, there are dozens of ways to customize your Mi-Sci visit. The Michigan Science Center is a 501(c)(3) nonprofit organization and does not receive funding from Detroit or the state of Michigan. For more information, please call 313.577.8400 or visit the website, Mi-Sci.org.

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*Mi-Sci representatives are available for interviews and demonstrations.
Please access our [Google folder](#), to find releases, images and videos.*

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