

May is Mental Health Awareness Month

Celebrate & Participate

May 1st – Mental Health First Aid

The adult Mental Health First Aid *course* is appropriate for anyone who wants to learn how to help an individual who may be experiencing a mental health crisis or concern.

May 2nd & 3rd – Applied Suicide Intervention Skills Training - ASIST

This two-day interactive *workshop* provides participants with the knowledge to recognize when a person is at risk for suicide and presents a model to support the individual in ensuring immediate safety to connecting them to long-term supports.

May 9th – MHANYS Mix & Mingle

Join us for an evening of fun and celebration! Music by Rich Ortiz, artwork, and baskets up for bid, new and old friends, and so much more. Proceeds from this event are used for MHANYS anti-stigma and educational programming.

May 13th – Creating A Wellness Mindset

Creating a wellness mindset involves becoming intentional about the practice of self-compassion, healthy inner dialogue and boundaries, realistic expectations and speaking the language of health. This *webinar* provides a framework for how to create a wellness mindset and enjoy a sense of well-being.

May 13th & 16th – MHANYS Capital Region Project AWARE- Mental Health First Aid for Older Adults

The Older Adult Mental Health First Aid *course* is appropriate for anyone who works with or supports adults over the age of 50 and wants to learn how to help an individual who may be experiencing a mental health crisis or concern.

May 15th – Mental Health & Wellness 101

The goal of this *webinar* is to reduce stigmatizing attitudes and beliefs by promoting a comprehensive understanding of mental health, the importance of self-care and treatment seeking behaviors, and hope for recovery.

May 20th – Culture & Mental Health: Opening Up the Conversation on Mental Health in Our Immigrant Communities

Mental health is surrounded by stigma in American culture, and sometimes even more so in immigrant communities. This *webinar* will explore strategies for ending the stigma and starting the conversation on mental health among immigrant communities.

May 22nd – Mental Health & Wellness 101 for Caregivers of School Aged Children

This *webinar* reframes the conversation about mental health to an understanding that we ALL have mental health; it is not just about the presence or absence of illness. Participants will develop an understanding of mental health as an integral part of overall, learn strategies to promote mental health and wellness in the home and develop an understanding of how to support treatment and recovery.

May 23rd – Mental Health & Wellness in the Workplace 101

The goal of this *webinar* is to reduce stigmatizing attitudes and beliefs in the workplace by promoting a comprehensive understanding of mental health, the importance of self-care and treatment seeking behaviors, and techniques that support hope for recovery.

May 30th – MHANYS Capital Region Project AWARE- Mental Health First Aid for Veterans

This *course* focusing on the unique experiences and needs of the veteran, service member and family population, provides the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to appropriate care.

Everyone is a link in the community

Mental Health Association in New York State, Inc.

For more information or to register visit

www.MHANYS.org - Facebook @MHNYSinc - Twitter @MHAacrossNYS