



# Mental Health Awareness Month

MAY 2022

NCDHHS, Division of MH/DD/SAS is pleased to announce its Mental Health Awareness Month series. This series will provide information on existing resources, promote mental health and wellbeing, and share best practices in care.

## Mental Health Awareness Series

### WEEK 1

#### Help is Available: How the National Suicide Prevention Lifeline Can Help North Carolinians in Need

Together, we can make a difference and prevent suicide.

Join us for this virtual discussion with REAL Inc., operators of the NC National Suicide Prevention Lifeline, highlighting critical factors in suicide prevention, available resources and the upcoming change to the 3-digit 988 dialing code for the Lifeline.

DATE: Thursday, May 5 • 12-1 p.m.

JOIN LINK: <https://attendee.gotowebinar.com/register/8919995211153417485>

### WEEK 2

#### Recovery is Possible: Highlighting the Consumer and Family Experience

Reaching out for support takes strength, but recovery is possible. Join us for a virtual panel discussion promoting recovery and resiliency. Hear from community members with lived experience and their families about their journey toward recovery.

DATE: Tuesday, May 10 • 10-11 a.m.

JOIN LINK: <https://attendee.gotowebinar.com/register/5889140831654195212>

#### Exploring Best Practices to Treat Serious Mental Illness

Learn about community services and best practices to support individuals living with a serious mental illness and their families. Hear from mental health professionals about how these services promote positive health outcomes.

DATE: Thursday, May 12 • 12-1 p.m.

JOIN LINK: <https://attendee.gotowebinar.com/register/3707877987425519627>

### WEEK 3

#### The Value and Impact of Peer Support Specialists

Peer Support Specialists play an essential role in advancing recovery. Learn how Peer Specialists use their own lived experience to reach people with serious mental illness and help them on their journey to recovery. Hear about the process to become certified as a Peer Support Specialist in NC.

DATE: Wednesday, May 18 • 10-11:30 a.m.

JOIN LINK: <https://attendee.gotowebinar.com/register/1350344737566858251>

### WEEK 4

#### Promoting Whole Health – The Importance of Integrated Care

Integrated physical and mental health care supports whole-person health. Learn from NC providers about the various integrated care programs and best practices used across the state.

DATE: Wednesday, May 25 • 12-1 p.m.

JOIN LINK: <https://attendee.gotowebinar.com/register/4411135520155767310>

#### The Importance of Addressing the Intersection Between Mental Health and the Criminal Justice System

Learn about the critical importance of addressing the mental health of justice involved populations. The criminal justice system can play a vital role in advancing the mental health of North Carolinians.

DATE: Friday, May 27 • 12-1 p.m.

JOIN LINK: <https://attendee.gotowebinar.com/register/5057106298122129419>



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