

# MENTAL ILLNESS AWARENESS WEEK

## Virtual Workshops



Join us for a **free** virtual workshop series during **Mental Illness Awareness Week**, where we will cover important topics such as anxiety, depression, suicide prevention, and peer support, along with providing valuable information and resources to help you gain a better understanding and skills to support those affected by mental health challenges. All sessions will take place on Zoom for easy access, so join us from the comfort of your home or listen on the go.

MONDAY  
**Oct. 2**  
6-7 PM

### Hidden Battles: Identifying and Addressing Anxiety and Depression in Children and Adults

*Presenter: Melissa Hunt, LMSW*

This session aims to equip families with the knowledge and tools to identify and address anxiety and depression in children and adults, giving practical tips and resources to seek help.

WEDNESDAY  
**Oct. 4**  
6-7 PM

### Hope in the Darkness: Suicide Prevention Strategies and Community Supports

*Presenter: Amy Smith, LMSW*

This session discusses suicide prevention strategies and highlights the importance of community supports, offering hope and guidance for individuals, families, and communities to come together to prevent suicide.

THURSDAY  
**Oct. 5**  
6-7 PM

### Finding Strength in Shared Experiences: Peer Support Strategies for Navigating Mental Health Challenges

*Presenter: Laura Bramlett, CPSS, CPRC*

Through sharing her story, Laura will offer valuable insights and peer support strategies for individuals navigating mental health challenges, fostering a sense of empowerment and resilience through the power of shared experiences.

Register for sessions: [www.scccmh.org/free-classes](http://www.scccmh.org/free-classes)

or scan here



**St. Clair County  
Community Mental Health**  
*Promoting Discovery & Recovery Opportunities  
for Healthy Minds & Bodies*

[www.scccmh.org](http://www.scccmh.org)



Questions? Contact Tammy Lake at  
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