

Advocacy | Education | Prevention

**April 13, 2020** 

Visit MHA's website

(704) 365-3454



Helping Live Mentally Healthier Lives Since 1933

# MHA's Virtual (FREE) Education & Support

# MHA's Mental Health Matters Virtual Series

Join us for 30 minutes of inspiration, connection and Q&A.

This Week's Guest: Paul Gionfriddo, President/CEO of our national MHA affiliate

When: April 14, 2020 | 3 pm

Register: www.mhacentralcarolinas.org

**Events page** 

For a more information please visit www.mhacentralcarolinas.org or call 704.365.3454.

Join MHA's Executive Director Kathy Rogers on Tuesdays at 3 p.m. for Mental Health Matters. She and her guests will discuss timely mental health topics, sharing messages of help, hope and recovery. Her first guest will be MHA National's President and CEO Paul Gionfriddo on April 14. Registration is required.

Register now for 30 minutes of inspiration, connection and Q&A



**QPR (Question, Persuade & Refer)** is a free evidence-based suicide prevention training MHA offers for high school students and adults. During this period of physical distancing, QPR Institute is allowing certified instructors to offer live, on-line courses.

#### Register now for a 2-hour workshop

If you are interested in bringing this training to a group of 10-25, <u>contact Ericka Ellis-Stewart</u> or <u>Kevin Markle</u> at 704.365.3454 to learn more.



MHA's Parent/VOICE tream will be hosting **EMPOWERMENT Parent/Caretaker Group** LIVE via Zoom! Join us virtually Tuesday, April 14, 2020 from 2:00-3:00 p.m.

Topic- "Supporting Each Other During Quarantine: Where can I reach out for help?"

For more information or to get the Zoom invitation:

**Candace Wilson** or 704.517.5364 **Cathy Johnson** or 980.406.1169



**ACTIVE YOUTH** will be hosting our monthly support group for 12-18 year olds on Thursday, April 16, 2020 from 6:00-7:00 p.m. via Zoom.

Topic - "I'm Stressing Out! - Stress management and simple coping skills"

For more information and to receive the Zoom link contact:

Kevin Markle or 980.406.1527



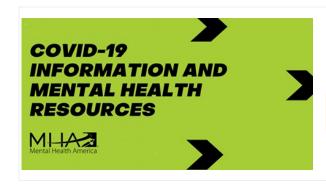
### We See You:

## MHA Storyteller Rachel Rosenfeld

MHA's aspiration for 2020 is to create a community where everyone is seen and their experiences are valued. MHA Storyteller Rachel Rosenfeld says, "I'd like to tell you about why suicide prevention is everybody's business." More from Rachel.







#### Need Resources? We've Got You Covered

Mental Health And COVID-19 – Information And Resources

## MHA's 2019-2020 Corporate Investors

**Visionary** 



**Advocacy Leaders** 









#### **Anti-Stigma Champions**







HEALTH CARE SYSTEMS INC.



#### **Corporate Wellness Circle**

The Anxiety & OCD Treatment Center

<u>Charlotte Psychotherapy & Consultation Group</u>

## <u>GET HELP | OUR PROGRAMS | GET INVOLVED | ABOUT US</u>

Mental Health America of Central Carolinas is dedicated to providing help, offering hope and promoting mental wellness through advocacy, education and prevention in Mecklenburg and Cabarrus Counties.











#### MHA's Mailing Address 3701 Latrobe Dr., Suite 140 Charlotte, NC 28211 704.365.3454 Privacy Policy | Form 990 | Site Map

MHA's 2019 Impacts