

Healthy Viking Initiative Presents

MENTAL

HEALTH

SPEAKER

series

Shinning a LIGHT on Mental DARKNESS

February 25th | 12 PM - 2 PM | LAC - T1200

- How to be more comfortable reaching out for support.
- How to take personal responsibility by taking actions to improve their health, and the health of others.
- The skills needed to accessing and utilizing healthcare resources on campus and in the community.
- How to increase self-awareness, confidence and communication skills.

Presented by Sara Lowery



Presented by Sandra Rodriguez



Didi Hirsch: Suicide Prevention

April 30th | 10 AM - 12 PM | LAC - T1200

Join us for an afternoon of empowerment and awareness. As suicide continues to affect our communities, reducing the shame and stigma surrounding mental health has become a necessity. Through conversation and engagement, this training will provide a better understanding of potential suicide risk factors, as well as resources and examples of how we can make a difference and support those around us who may be struggling.



How Storytelling is College Suicide Prevention 2.0

May 6th | 11:30 AM - 1:30 PM | PCC - GG238

- How to help themselves or a friend if in crisis or thinking about suicide,
- The signs and symptoms of suicide
- How and where to get professional help if in suicidal crisis
- Campus, local, and national resources of help in crisis
- The art and science of storytelling
- The importance of telling one's story
- How storytelling reduces stigma around asking for and receiving help

Presented by Josh Rivedal



Appetizers will be served at events.

For more information, contact Sergio at sgrimaldi@lbcc.edu

 [lbcc_healthyvikings](https://www.instagram.com/lbcc_healthyvikings)



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If you require sign language interpreting services,
please contact Stephanie Bonales at
sbonales@lbcc.edu or (562) 938-4918
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