MENTAL HEALTH SPEAKER SERIES

Shining 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

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.

Presented by Sandra Rodriguez

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 sgimaldi@lbcc.edu

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