



PLEASE JOIN US FOR
**AN INTRODUCTION TO
MENTAL HEALTH FIRST AID**

A virtual “lunch and learn” session sponsored by the
Stamford Youth Mental Health Alliance

**Friday, October 28, 2022
11 am to 1 pm**



About Mental Health First Aid

In this presentation, Dawn Roy, LCSW will provide an overview of mental health and describe the most common disorders prevalent in the US. Participants will gain knowledge of mental health literacy and general signs along with symptoms of depression, anxiety disorders, PTSD, and suicide. There will be a discussion of risk factors for each disorder.

Participants will engage in interactive activities to support learning as well as viewing brief video clips.

This community presentation is open to everyone.

Zoom Meeting

Meeting ID: 846 6233 5626
Passcode: 490210

One tap mobile:
+16469313860,,84662335626# US

Dial by your location:
+1 646 931 3860 US