

Mental Health Promotion Seminars

January to June 2018

DATE	TITLE	TOPICS
January 14 11:45 a.m. – 1 p.m.	<i>Mental Health: What Is It And Why Should I Care?</i>	<ol style="list-style-type: none"> 1. What is mental health and how do I maintain it? 2. Well-being concepts, individually and nationally 3. What is mental illness? <p>Wellness resources will be available.</p>
February 11 11:45 a.m. - 1 p.m.	<i>Mental Illness</i>	<ol style="list-style-type: none"> 1. What are the mental illnesses and how to recognize the symptoms 2. Who gets mental illnesses? 3. Treatment options for mental illnesses <p>National Institute of Mental Health brochures on individual mental illnesses will be available for anyone to pick up beginning this month. Memoirs about experiences of mental illness (books) will be available to check out.</p>
March 11 11:45 a.m. - 1 p.m.	<i>Emotional Literacy</i>	<ol style="list-style-type: none"> 1. What is an emotion? 2. What do emotions have to do with mental health? 3. How are emotions addressed in psychotherapy? <p>In <i>May or June</i>, we will show the Disney Pixar film, <i>Inside Out</i>, which journeys inside the mind of an 11 year old to see her emotions at work. Suitable for families and easily enjoyed by people of all ages.</p>
April 8 11:45 a.m. - 1 p.m.	<i>Suicide</i>	<ol style="list-style-type: none"> 1. Who suicides? 2. Risk factors for Suicide 3. Suicidal thoughts and behaviors 4. Warning signs of suicide 5. What can I do for myself or someone else who is thinking about suicide?
May 13 11:45 a.m. - 1 p.m.	<i>Mindfulness</i>	<ol style="list-style-type: none"> 1. What is mindfulness? 2. Scientific research on mindfulness and mental health 3. Mindfulness as part of evidenced-based treatments for mental illness 4. Practices for increasing mindfulness 5. Resources for mindfulness practice in our FCCB community and beyond
June 10 11:45 a.m. - 1 p.m.	<i>Sleep</i>	<ol style="list-style-type: none"> 1. The science of sleep 2. Sleep across the lifespan 3. The relationship of sleep to mental and physical health and illness 4. Ways to improve your sleep <p><i>Sign up for 4-session summer sleep improvement group!</i></p>