



Region 1 Local Health Departments Hosts



## Mental Health in a Post COVID World

***“Where to Turn for Help? A Community Guide to Mental Health Resources.”***



Region 1 Local Health Departments will be hosting a series of mental health webinars. This first webinar will focus on the mental health crisis and the available resources in Region 1. Panel experts will provide information on mental health, regional trends, signs of distress, and knowing when to ask for help. Community resources will also be provided.

Speakers include: Kaitlin Comet and Victoria O’Neill, The HUB; Robin Bieber, Mary J. Sherlach Center; Cathy Hazlett, Fairfield CARES Community Coalition; Kelley Edwards, Department of Mental Health & Addiction Services; and Amanda W. (Parent)

**Thursday, January 26, 2023**

**6:00 pm – 7:30 pm**

Participants may attend in-person or on zoom

In-person: Fairfield Fire Training School, 205 Richard Wright Way, Fairfield

**Register Here!**



<http://bit.ly/3iigKES>

**Join Webinar Here!**



<http://bit.ly/3vKgnpD>