MENTAL HEALTH AWARENESS MONTH

WEBINAR SERIES

02 Thursday

Mental Health Matters: The Importance of Accessibility | **9:00 -10:00 AM**

Please join us to learn more about a unique model of care in Wyoming that allows residents to access the services needed to support their health and well-being. Three Trails EFAP aims to provide professional assistance early and in a timely manner so that problems do not worsen. **Register Here**.

09 Thursday

Access for All: Making Mental Health Care Affordable | **8:30 - 9:30 AM**

This session will explore the critical issue of mental health care affordability and introduce innovative solutions like the Iris Clubhouse. Experts will discuss barriers to mental health access and highlight successful models that are making a difference in the community. Learn how initiatives like the Iris Clubhouse are providing supportive, cost-effective services that empower individuals and promote mental well-being. **Register Here.**

14 Tuesday

NAMI Wyoming - Quality Care for Better Lives | **12:00 - 1:00 PM**

Wyoming residents deserve quality mental health care to live their lives to the fullest. The National Alliance on Mental Illness (NAMI) demonstrates that they can be a force for change in the lives of those impacted by mental illness. Please join NAMI Wyoming to learn about who we are, what we do, where we'd like to go and how we hope to get there. **Register Here.**

23 Thursday

Cognitive Behavioral Theatre - Turning Anxiety into Innovation | **8:30 - 9:30 AM**

This webinar is as entertaining as it is educational as Dominic uses different acting and improvisation techniques to illustrate how both anxiety and innovation come from the same part of the brain, and how you can implement simple daily habits to control the two. **Register Here.**

30 Thursday

Destigmatizing Mental Health Throughout Wyoming | **8:30 - 9:30 AM**

Despite how commonplace mental illness is in America, the stigma surrounding mental health prevails. This stigma is incredibly harmful as it prevents those in need from accessing essential care due to shame and fear. In this webinar, we'll learn more about the anti-stigma campaigns currently underway to create a more supportive environment for mental health. **Register Here.**

GOVERNOR'S Mental Health SUMMIT