MAY IS MENTAL HEALTH MONTH 2021 Together we thrive

VIRTUAL KICKOFF
Thursday, May 13th @ 7:30 am
The N.E.W. Mental Health Connection presents this year’s focus with special guests:
• The Siebers Family - Journey of Loss and Healing
• Dr. Andrew Schramm, Psychologist and Assistant Professor of Trauma & Acute Care Surgery at the Medical College of Wisconsin Mental Health - Impact of Social Isolation of COVID on Mental Health with a Special Focus on Middle-Age Men

WEBINAR SERIES
Click on a date to join the webinar
May 6 @ 7:30 am: Safe Suicide Messaging
May 13 @ 7:30 am: Mental Health Awareness Month Kick Off Event
May 20 @ 7:30 am: Police-Based & Alternative Models of Response to Mental Health Crisis
May 27 @ 7:30 am: People in Crisis - Strengthening the Emergency Response - Local and State Perspectives and Recommendations

STRONG MINDS 4 MEN
We continue to highlight our Strong Minds 4 Men awareness campaign focused on men’s mental health. In honor of their son Jake, who died by suicide three years ago, the Siebers Family has sponsored the printing of Strong Minds 4 Men beverage coasters for distribution at local bars & restaurants. The coasters feature the website Ask4HelpFoxValley.org, which includes recovery stories, self-care, FAQ’s for seeking help, a free anonymous mental health screener and more.

WELLNESS SURVEY
Survey Launch – We need your help!
To tailor future mental wellness strategies to the needs of our community, the Project Zero team is conducting a survey assessing the mental and physical health of adults in the Fox Cities. Click Here or scan code to take survey.

Join us for updates and special content throughout the month! More information & resources at: NEWMentalHealthConnection.org