



Mental Health Association in New York State, Inc.

Get Trained Now In Mental Health & Wellness 101

Mental Health Association in New York State, Inc.

is partnering with New York StateWide Senior Action Council, Inc.

August 20th, 2020, 12:00 pm-1:00 pm

Take part in Mental Health Association in New York State, Inc. (MHANYS') Capital Region Project AWARE. This project provides **FREE** training to individuals **who work with or support Veterans, Older Adults, and the General Public**. Over the next three years, **MHANYS will train individuals across Albany, Rensselaer, Saratoga and Schenectady Counties**. Participants will improve their mental health literacy by increasing awareness, care, and support that the **General Public** receives for behavioral health challenges.

Mental Health & Wellness 101 (MHW101) is a 1-hour training which reframes the conversation about mental health – teaching that we ALL have mental health; it's not just about the presence or absence of an illness. The training will help participants understand mental health as an integral part of overall health, prevalence of mental illness, and risk & protective factors; and promote help-seeking behavior, recovery, and self-care.

Do Not Miss this Opportunity

Register Now - <https://mhanys.org/registration/>

For more information, email or call Matthew Delaney, MHANYS' MHFA Program Associate at mdelaney@mhanys.org or (518) 434-0439.

MHANYS' Capital Region Project AWARE is supported by the Substance Abuse and Mental Health Services Administration (SAMHSA).

HEALTHY MINDS FOR A HEALTHY NEW YORK

194 Washington Avenue, Suite 415 • Albany, New York 12210-2314
Phone: 518-434-0439 • Fax: 518-427-8676 • MHANYS.org