

Community Health Webinar Series

Teen Mental Health in the Time of COVID

You're Invited...

As if adolescence wasn't stressful enough, the challenges teens have faced over the past year and continue to confront during the COVID crisis are unprecedented and can be extremely overwhelming. Families, friends and the community are often at a loss how to understand and offer support for mental health problems that are becoming increasingly common. If you care for a teen, or are concerned about your own well-being, please join this event.

In this presentation, our speakers will discuss:

- Day-to-day management and preventative care during the pandemic
- Depression, crisis events, and suicidal ideation
- Post-crisis care and DBT (Dialectical Behavior Therapy)
- Anxiety and substance abuse
- Communication strategies in the home and community
- Confronting the stigma of mental illness
- Support resources

We'll also have time for Q&A at the end of the presentation.

Featured Speakers

Heather Johnson, MS, LMFT

Clinical Supervisor, Marin, Huckleberry Youth Programs

Kara Connors, MPH

Marin HHS Senior Program Manager for Suicide Prevention

Michelle Mazza, MFT

MindFit DBT (Dialectical Behavior Therapy) Center

Jessica Colvin, MSW, MPH, PPSC

Wellness Director, Tamalpais Union High School District

About Our Community Health Seminar Series

Marin Healthcare District's Community Health Seminar Series offers periodic educational forums for the Marin community on relevant health-related issues.



**WEDNESDAY,
APRIL 21**

5:30 – 6:30 pm

Via Zoom

Click Here to Join

Meeting ID: 916 5412 2141

(Virtual room will open 15 minutes before the event. Be sure to mark your calendar!)

***This FREE event
is open to all.
RSVP is not required.***

Please submit questions in advance to Jennifer.Rienks@marinhealthcare.org