

Did you miss the enlightening virtual sessions that were presented during Mental Health and Well-Being Week? If so, it's not too late! Watch the recordings at your convenience:

Dr. Vishnu M Upadhyay, DNP & Ritu Upadhyay

Lions Mental Health and Well-Being: Lions Helping Lions and the Community

Dr. Upadhyay will delve into the critical distinction between mental health and mental illness, a topic that's more relevant now than ever. She will provide a detailed breakdown of the common signs and symptoms associated with both conditions. Join us for this informative virtual session to gain the knowledge and tools needed to identify these signs, ultimately allowing you to better serve yourself and, in turn, those around you. In addition, Ritu Upadhyay will speak on suicide prevention and what to do when faced with a person who is experiencing suicidal ideation.

[https://us02web.zoom.us/rec/share/smEX_fHBhvrDNNyQtxZAJm1H-PBHGs-
_iom9DYkxb0s6CJDTgT0fa4S3WG9cGGBM.uWdSKlg-21kjdoaF](https://us02web.zoom.us/rec/share/smEX_fHBhvrDNNyQtxZAJm1H-PBHGs-
_iom9DYkxb0s6CJDTgT0fa4S3WG9cGGBM.uWdSKlg-21kjdoaF)

Alice Zaccarello, Executive Director
Well Community

One Organizations Approach to Helping Those with Mental Illness

Adults who struggle with severe and chronic mental illnesses are thirsty for acceptance, support and meaningful relationships. Well Community restores hope and dignity through life-skills training, friendships and the power of faith. For those who live with stigma and isolation, the Well provides a place to belong. <https://wellcommunity.org/>

[https://us02web.zoom.us/rec/share/LM4CU0oJ5bf8JG5jUE5WRjyNLVcl48VtI021Da1q6Fp8C
UCIMlvV4HjxVRDMNCtC.UmBi_kTjfkKcWSQW](https://us02web.zoom.us/rec/share/LM4CU0oJ5bf8JG5jUE5WRjyNLVcl48VtI021Da1q6Fp8C
UCIMlvV4HjxVRDMNCtC.UmBi_kTjfkKcWSQW)