



*Mental health can be hard to talk about.
Striving to make it easier - one night at a time.*



Mental Health Outreach Sessions

Presented by the De Pere Health Department and the Medical College of Wisconsin- NEW Psychiatry Residency Program

What is it?

An opportunity to learn about and talk about mental health. Each session covers a different mental health topic and consists of background information presented by Psychiatry Residents (or other healthcare professionals), a “share your story” portion where a member of the community shares their experience and an open discussion between the audience and those presenting.

When is it?

Held in the Oak Room of the De Pere Community Center (600 Grant Street) on the last Wednesday of the month at 6:30pm.

Why?

Mental health is hard to talk about for far too many. Come learn about mental health from healthcare professionals and hear firsthand experiences from members of the community. The goal is to make it easier to talk about mental health.

Upcoming schedule/topics:

| | |
|---------------------------|--------------------------------|
| January 30 th | Alcohol abuse/alcoholism |
| February 27 th | Dementia/Alzheimer’s disease |
| March 27 th | Autism Spectrum Disorder |
| April 24 th | Alcohol & other drugs of abuse |
| May 29 th | Anxiety |
| June 26 th | Depression |

All sessions start at 6:30pm at the De Pere Community Center (Oak Room).

The sessions are FREE and all are welcome to attend (not just De Pere residents). The target audience includes individuals who may be dealing with a mental health issue and family members hoping to learn more about how to help someone who may be experiencing issues related to mental health.

For more information contact the De Pere Health Department at 920-339-4054
Or visit our Facebook page “De Pere Mental Health Outreach”