



Mental Health Association in New York State, Inc.

Get Trained Now In Mental Health & Wellness 101 in the Workplace

Mental Health Association in New York State, Inc.

is partnering with Integra HR, LLC

August 26th, 2020, 12:00 pm-1:00 pm

September 30th, 2020, 10:00 am-11:00 am

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 in the Workplace 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 helps participants to understand mental health in a holistic context and utilize basic mental health awareness in order to self-care and help others.

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