

Mental Health and You

May is Mental Health Awareness Month

All of us are impacted by mental health. We could be struggling with mental health concerns ourselves, or perhaps we have family members, friends, coworkers or patients with behavioral health issues.

In recognition of Mental Health Month, Janet Larson, NP - Riverwood mental health practitioner - will present an insightful talk on mental health awareness and how to practice mental wellness.

Presenter

Janet Larson, PhD, CFNP, PMHNP
Riverwood Nurse Practitioner | Mental Health

Session Outline

- Mental wellness
- Importance of brain health
- How to conquer burnout
- Stress reduction tips & new, promising solutions
- How to improve your interaction with behavioral health individuals

Session Details

- Open to All Staff
- Complimentary healthy fruits, veggies & refreshments
- Registration required | State date attending
- Register [RHHC-Education](#) | 5318
- 1.0 Contact Hour Certificate



Two session choices

Wed-May 31

12:15-1:15pm

E/F, VConf

-or-

Wed-June 14

7:15-8:15am

C/D, VConf