

# **Building Capacity to Meet Mental Health Needs During COVID-19**

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**Wednesday, April 22, 2020**

**2:15 pm ET / 11:15 am PT.**

There is an urgent need for mental health care and resources during COVID-19, but how do you meet those needs when facing other challenges, including the need to work remotely and significant budget concerns? Join Shannah Mulvihill, Executive Director/CEO of Mental Health Minnesota, as she talks about how the organization has made adjustments to continue its programs and services, as well as how they have used volunteers, partnerships and national resources to meet the mental health needs of healthcare workers and those who are facing social isolation due to stay-at-home restrictions related to COVID-19.

*For those who are unable to attend, the webinar recording and slides will be available on Mental Health America's [Webinar page](#).*

### **Presenter:**

**Shannah Mulvihill** has been the CEO of Mental Health Minnesota since 2015. She has worked in the non-profit sector for 20+ years in the areas of communications, development, public policy and organizational leadership. She holds a master's degree in counseling psychology and has served as counselor at the Walk-In Counseling Clinic and Crisis Connection. She is a former board chair of Open Your Heart to the Hungry and Homeless and disaster services volunteer/advisory committee member of the Twin Cities American Red Cross. She is a Certified Fund Raising Executive (CFRE) and member of the Association of Fundraising Professionals (AFP).

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