

# MHA VIRTUAL EVENTS

## AUGUST:

### **Instagram Live – Preparing for Back to School** 8/24 12 P.M. ET

Going back to school can bring up a lot of mixed emotions. Join MHA and Bre Kennedy on Instagram Live to discuss how to take care of your mental health in seasons of change, coping with stress and anxiety, and navigating relationships.

MHA Instagram: @mentalhealthamerica <https://www.instagram.com/mentalhealthamerica>

### **Back to School: Building Social Emotional Learning Opportunities** 8/25 3 P.M. ET

With children going back to school, it is crucial we continue to support their mental and emotional well-being as they continue to grow and learn. In this webinar we will discuss the importance social-emotional learning (SEL) has on the mental health of school-aged children. Throughout this webinar we will review relevant statistics, discuss opportunities for creative SEL partnerships, look at current programs and partnerships used by Mental Health America of Hawai'i, and discuss how your communities can provide similar opportunities.

Speaker: Mestisa Gass

Registration Link: <https://mhanational.org/events/back-school-building-social-emotional-learning-opportunities>

## SEPTEMBER:

### **Reducing the Risk of Youth Suicide: a Discussion on Education, Prevention, and Early Intervention** 9/6 1 P.M. ET

During 2022 National Suicide Prevention Week, MHA will host a webinar to promote conversations and education surrounding the risk of youth suicide. Through a panel-style discussion, we will review relevant information about youth suicide in the U.S., discuss the importance of early intervention and what that looks like in practice, and hear about what organizations are doing to prevent youth suicide.

Speakers: Dr. Shairi Turner, Barbra Barlow, Colbie Caughlan, and Melanie Eley

Registration Link: <https://mhanational.org/events/reducing-risk-youth-suicide-discussion-education-prevention-and-early-intervention>

### **Follow Me and Like My Beautiful Selfies: Social Media Use and Adolescent Mental Health** 9/13 2 P.M. ET

More teenagers are using social media, and more adolescents are suffering from poor mental health. Universally, social media use became more common during the pandemic because of social distancing and COVID-caused isolation. Social media can provide platforms for bullying and exclusion, unrealistic expectations about body image and sources of popularity, and normalizing risk-taking behaviors, and can be harmful to mental health. However, if adolescents use social media in a purposeful and positive way, it can enhance their self-esteem and help create meaningful social connections.

This webinar will focus on helping school and community leaders understand the association between social media use and adolescents' mental health and explore what actionable steps are being taken across the country to help address these challenges.

Speakers: Adam Lustig, Dr. Jinghong Cai, and Sheronda Helton

Registration Link: <https://mhanational.org/events/follow-me-and-my-beautiful-selfies-social-media-use-and-adolescent-mental-health>

## **Where Do I Fit In? Creating Spaces Where Youth Feel Connected**

9/20 3 P.M. ET

For youth, feeling like they don't fit in, aren't like others, have different interests, or just haven't found a space they feel comfortable in can be extremely challenging and have an impact on their mental health. The discussion of this panel-style webinar will be led by young leaders, who will share their experiences in finding a sense of belonging and how to create intentional and inclusive spaces for youth to feel connected and seen.

Registration Link: <https://mhanational.org/events/where-do-i-fit>

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[mhanational.org/mha-webinars](https://mhanational.org/mha-webinars).