



Advocacy | Education | Prevention

Visit MHA's website

(704) 365-3454

April 13, 2020

VIRTUAL  
MHA VOICE)))

*Helping Live Mentally Healthier Lives Since 1933*

## MHA's Virtual (FREE) Education & Support

# MHA's Mental Health Matters Virtual Series

Join us for 30 minutes of inspiration, connection and Q&A.

**This Week's Guest:** Paul Gionfriddo, President/CEO of our national MHA affiliate

**When:** April 14, 2020 | 3 pm

**Register:** [www.mhacentralcarolinas.org](http://www.mhacentralcarolinas.org)  
Events page

For a more information please visit  
[www.mhacentralcarolinas.org](http://www.mhacentralcarolinas.org)  
or call 704.365.3454.

Join MHA's Executive Director Kathy Rogers on **Tuesdays at 3 p.m.** for **Mental Health Matters**. She and her guests will discuss timely mental health topics, sharing messages of help, hope and recovery. **Her first guest will be MHA National's President and CEO Paul Gionfriddo on April 14.** Registration is required.

[Register now for 30 minutes of inspiration, connection and Q&A](#)



**QPR (Question, Persuade & Refer)** is a free evidence-based suicide prevention training MHA offers for high school students and adults. During this period of physical distancing, QPR Institute is allowing certified instructors to offer live, on-line courses.

[Register now for a 2-hour workshop](#)

If you are interested in bringing this training to a group of 10-25, [contact Ericka Ellis-Stewart](#) or [Kevin Markle](#) at 704.365.3454 to learn more.



MHA's ParentVOICE team will be hosting **EMPOWERMENT Parent/Caretaker Group** LIVE via Zoom! Join us virtually Tuesday, April 14, 2020 from 2:00-3:00 p.m.

**Topic- "Supporting Each Other During Quarantine: Where can I reach out for help?"**

For more information or to get the Zoom invitation:

[Candace Wilson](#) or 704.517.5364

[Cathy Johnson](#) or 980.406.1169

# ACTIVE YOUTH

**ACTIVE YOUTH** will be hosting our monthly support group for 12-18 year olds on Thursday, April 16, 2020 from 6:00-7:00 p.m. via Zoom.

**Topic - "I'm Stressing Out! - Stress management and simple coping skills"**

For more information and to receive the Zoom link contact:

[Kevin Markle](#) or 980.406.1527

BYO-  
Coffee

MHA WILL HOST THE  
CONVERSATION!



Join MHA for [BYO-Coffee & Conversation](#) and hear from a Storyteller volunteer like Rachel (below).  
[Register Now for Thursday, April 16 for 8:30-9:30 a.m.](#)

**We See You:**  
**MHA Storyteller**  
**Rachel Rosenfeld**

MHA's aspiration for 2020 is to create a community where everyone is seen and their experiences are valued. MHA Storyteller Rachel Rosenfeld says, *"I'd like to tell you about why suicide prevention is everybody's business."* [More from Rachel.](#)



**COVID-19 INFORMATION AND MENTAL HEALTH RESOURCES**

**Need Resources? We've Got You Covered**

Mental Health And COVID-19 – Information And Resources

## MHA's 2019-2020 Corporate Investors

Visionary



Advocacy Leaders





*Queen City Chapter*  
CHARLOTTE, NORTH CAROLINA



### Anti-Stigma Champions



### Corporate Wellness Circle

[The Anxiety & OCD Treatment Center](#)

[Charlotte Psychotherapy & Consultation Group](#)

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Mental Health America of Central Carolinas is dedicated to providing help, offering hope and promoting mental wellness through advocacy, education and prevention in Mecklenburg and Cabarrus Counties.





Member Agency

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