

Mental Health 101



Riverside University Health System – Behavioral Health
Prevention and Early Intervention

Free Virtual Presentation

To register please follow this link for available dates and times:

<https://www.eventbrite.com/e/mental-health-101-tickets-120319778697>

**For any questions please e-mail PEI@ruhealth.org
or call (951) 955-3448**

This 60-minute presentation will focus on:

- Understanding mental health
- Understanding mental health vs. mental illness
- Mental health spectrum
- Stigma reduction
- Risk and protective factors
- Available resources

CEUs or certificates are not offered for this presentation.

