



4th Annual Mental Health Matters Virtual Conference

Monday-Friday, November 15-19, 2021

Salinas Union High School District is offering these sessions to increase awareness and support for parents, caregivers, students and families.

Monday
6:00 PM
November 15, 2021



We are family: Understanding the Experience of LGBTQ+ Youth
Monterey County Behavioral Health and the Epicenter will share information on the experience of LGBTQ+ youth to increase parent and caregiver understanding of their loved one's exploration of sexual orientation, gender identity, and expression. [Click Here to Join.](#)

Tuesday
6:00 PM
November 16, 2021



Understanding the Impact of Trauma & Resilience on Students
The presence of Adverse Childhood Events (ACEs) in students' lives can impact their success at school. This presentation will discuss how trauma can affect learning and how students, schools, and communities can be resilient in the face of trauma. [Click Here to Join.](#)

Wednesday
6:00 PM
November 17, 2021



Suicide Prevention
This workshop will allow participants to learn about warning signs regarding suicide, protective and risk factors, and how to reach out to help your teen. [Click Here to Join.](#)

Thursday
6:00 PM
November 18, 2021



The Impact of Grief and Loss on Mental Health
Learn about different types of grief and loss that we may experience and how grief and loss impact our lives. The session will identify the various ways people grieve when a loss occurs and possible interventions and supports that may help throughout the grieving and healing process. [Click Here to Join.](#)

Friday
6:00 PM
November 19, 2021



Understanding Anxiety and Depression
This presentation will focus on learning about mental health by touching on adolescent brain development, recognizing symptoms and warning signs of anxiety and depression. Information will be provided on how to support healthy social and emotional development in adolescence through the delivery of tips and community resources. [Click Here to Join.](#)

If you have any questions, call 796-7867 option 9.