

MENTAL HEALTH CRASH COURSE

Questions on Mental Illness?

Offered Every Wednesday night via Zoom throughout the Year

Crash course now via Zoom

Contact: mhcrashcourse.org

Every Wednesday night at 6:00 pm via Zoom

Contact: Michele 925-689 4447 or David 925-676 5771

Location: Zoom Meeting ID: Meeting ID: 964 0515 7044



If you have questions about mental illness and the resources
that might assist you with your loved one, you would

benefit from the

Crash Course! (via Zoom)

It reviews just what is mental illness and where are the resources that can offer support.

An 85 slide presentation is shown that offers a comprehensive review of the programs that are available to help you with the challenge of mental illness.

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HEALTH SERVICES