

May is Mental Health Awareness Series

Virtual Discussion Series

May is Mental Health Awareness Month, a time to emphasize the crucial role mental wellness plays in our overall health and well-being. Join our webinar series to gain valuable insights and tools from experts, supporting you in managing and improving your mental health.



Let's Stand Together to Raise Mental Health Awareness

Busting Nutrition Myths: How Eating Right Can Boost Your Mood!

Thursday, May 8, 2025, Noon

Join us to learn the truth behind common nutrition myths and how healthy eating can enhance your mental well-being.

This engaging session will debunk popular misconceptions and provide practical tips for making smart dietary choices.

Presented by:

Marissa Ott, DNP, certified nutrition coach, Atlantic Behavioral Health, Newton Medical Center

To register, visit [click here](#)



SCAN ME

Managing Burnout and Differentiating it from Being Overwhelmed

Wednesday, May 14, 2025, 6:30pm

In a time where the “computer in our pocket” endlessly bombards us with notifications, emails, messages, social media updates, and breaking news, how can we navigate the overwhelming flood of digital information while maintaining a healthy balance between personal and professional responsibilities, as well as prioritizing self-care? This session will focus on recognizing and addressing the signs of overwhelm and burnout, understanding the symptoms of depression and anxiety, and learning when and how to seek professional help.

Presented by:

Dr. Daniel Finch, MD, psychiatrist, Morristown Medical Center

To register, visit [click here](#)



SCAN ME

Social Media and Mental Health: Guidance to Help Young People Avoid Pitfalls and Find Balance

Wednesday, May 21, 2025, 6:30pm

Young people often spend hours per day on social media and with other forms of electronic entertainment. Excessive use of these activities can lead to a range of negative impacts on mental health, including depression, anxiety, and poor body image. Join us to discuss these dangers and how to help young people navigate social media without sacrificing mental well-being.

Presented by:

Christopher Lynch, PhD, pediatric psychologist, Behavioral Health, Atlantic Health System

To register, visit [click here](#)



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atlantichhealth.org/grow

Zoom Virtual Webinar. Pre-registration is required. Visit atlantichhealth.org/events or call 1-800-247-9580 to register.



Atlantic Health System