

## RECOGNIZE THE WARNING SIGNS OF MENTAL ILLNESS

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning
- Extreme mood changes, including uncontrollable "highs" or feelings of euphoria
- Avoiding friends and social activities
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits such as increased hunger or lack of appetite
- Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don't exist in objective reality)
- Abuse of substances like alcohol or drugs
- Thoughts of suicide

**HOW ARE YOU FEELING?** The Utah Department of Human Services offers an anonymous mental health screening tool that can be performed online to determine if you or someone you care about may need to reach out to a doctor or mental health professional for an evaluation. [Click Here to Begin a Screening:](http://screening.mentalhealthscreening.org/stateofutah)

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## DO YOU KNOW A CHILD WHO FEELS ANXIOUS?

**Click here for a brief online assessment:**

<http://www.childmind.org/en/health/symptom-checker>

## IN CASE OF A MENTAL HEALTH CRISIS:

**EMERGENCY NUMBERS..... 911**

UNI Crisis Line: ..... (801) 587-3000

Summit County Crisis Line: ..... (435) 649-8347  
Press 1 for crisis. (A Service of Valley Behavioral Health)

National Suicide Prevention Lifeline: (800) 273-8255 (TALK)

Utah Suicide Hotline 24 hours / 7 days: ..... (801) 261-1442

Trevor Lifeline: .....866-4-U-TREVOR (866) 488-7386)

SafeUT Mobile APP and Crisis Text Line:  
Download the App from iTunes by searching "SafeUT"  
on your smart phone.

## THANK YOU

CONNECT has received an outpouring of community support. Many thanks to all our community partners. Mental Health Awareness Month would not have been possible without them and a major grant from the Marriott Daughters Foundation.



## WHY CONNECT?

### IT'S TIME TO START TALKING ABOUT MENTAL ILLNESS

CONNECT brings together Summit County residents who are concerned about mental health issues facing our community. We are family members, loved ones and friends of people struggling with mental illness. We are mental health service providers in Summit County. And we are people not directly affected by mental illness who recognize the serious challenge facing our community. All of us want to see improved mental health services with greater accessibility in Summit County.

### OUR MISSION

CONNECT was formed to de-stigmatize mental illness, to increase awareness of existing behavioral health services and to build public support for increased spending on behavioral health in Summit County.

### CONNECT WITH US

ConnectSummitCounty.org  
connectsummitcounty@gmail.com  
facebook.com/ConnectSummitCounty  
We welcome you to join us!



## TAKE ADVANTAGE OF THESE RESOURCES AVAILABLE THROUGH CONNECT

### CHECK OUT ...

CONNECT's Mental Health Resource Directory available at <http://connectsummitcounty.org/mental-health-resources/>. The Directory was created with you in mind. Find a doctor, look up a disorder, or join a clinical trial in one convenient location.

CONNECT'S Parents Roundtable brings together parents of school age children with mental health challenges or diagnoses to share common problems and possible solutions with the Park City School District. Everyone with children across K-12 grade levels is invited to participate – there's strength in numbers and we encourage you to lend your voice. For more information about this Roundtable, including how to join, please send an email message to [connectsummitcounty@gmail.com](mailto:connectsummitcounty@gmail.com).

CONNECT's Mental Health Provider Roundtable was created to facilitate collaboration and idea sharing among Summit County's mental health providers to better coordinate the delivery of mental health care services throughout Summit County. For more information about this Roundtable, including how to join, please send an email message to [connectsummitcounty@gmail.com](mailto:connectsummitcounty@gmail.com).

Don't forget to check out CONNECT's ongoing calendar of events and programming at [connectsummitcounty.org/calendar-events-2/](http://connectsummitcounty.org/calendar-events-2/). There are events for everyone!

**THERE IS NO HEALTH WITHOUT MENTAL HEALTH.**

# MAY CALENDAR OF EVENTS

Open to the general public. Admission is free unless noted. Visit [ConnectSummitCounty.org/calendar-events-2/](https://ConnectSummitCounty.org/calendar-events-2/) for more information

| DATE           | TIME       | LOCATION                                      | EVENT  |
|----------------|------------|---|--|
| May 2          | 6:30 p.m.  | Waldorf Astoria Hotel Park City               | University of Utah Mental Health Research Showcase. "Investigating the Brain: Informing Clinical Practice to Enhance Patient Outcomes."  |
| May 3          | 6:30 p.m.  | Blair Conference Center at Park City Hospital | "Our Minds and Each Other: Re-Imagining Mental Health," lecture by Gail Hornstein, Ph. D., Professor of Psychology, Mount Holyoke College  |
| May 4          | 6:00 p.m.  | Blair Conference Center at Park City Hospital | "Sleepless in Summit County," lecture by Dr. Kelly Woodward, Doctor of Osteopathic Medicine, Intermountain Healthcare  |
| May 4          | 7:00 p.m.  | People's Health Clinic                        | NAMI Summit County Family Support Group Meeting  |
| May 8          | Noon       | Basin Recreation Fieldhouse                   | "Embrace Aging and Maintain Your Brain," lecture by Dr. Kevin Duff, Associate Professor of Neurology with Tenure, at the University of Utah (Lunch & Lecture) (RSVP Required)  |
| May 9*         | 6:00 p.m.  | Jim Santy Auditorium                          | "Hope Lives: Preventing Teen Suicide in Utah," a KUED documentary followed by panel discussion with Douglas Gray, MD, Kimberly Myers MSW, Paul Dymock, LCSW, and Greg Hudnall, Founder and Executive Director of HOPE4UTAH.                |
| May 10         | 6:30 p.m.  | Blair Conference Center at Park City Hospital | "Utah: the Saddest and Happiest State in the U.S.A: Cutting Edge Research on the Effects of Altitude on Depression," by Dr. Perry Renshaw of the University of Utah  |
| May 11*        | 6:30 p.m.  | Jim Santy Auditorium                          | "God Knows Where I Am" a film presented by the Park City Film Series   |
| May 15         | 10:00 a.m. | Blair Conference Center at Park City Hospital | "Journey of Hope: Healing Trauma during Wartime," by Dr. Omar Reda, Psychiatrist at Oregon Health and Science University   |
| May 16*        | 6:00 p.m.  | Jim Santy Auditorium                          | "Alzheimer's: Every Minute Counts," a PBS documentary followed by panel discussion with Dr. Martin Freimer (U of U), Anne Asman (UNI), Kate Nederostek (Alzheimer's Association) and Ellie Goldberg (Jewish Family Service)                |
| May 17         | 6:30 p.m.  | Jim Santy Auditorium                          | Featured Speaker: Kevin Hines, "Cracked Not Broken: Surviving and Thriving After A Suicide Attempt"  |
| May 18         | 5:30 p.m.  | Park City High School Lecture Hall            | "Feed Your Brain: How to Eat to Improve Health and Performance" lecture by author and nutritionist Kate Geagan and mental health counselor Kwinten Kemp (Meal Served)  |
| May 18         | 7:00 p.m.  | People's Health Clinic                        | NAMI Summit County Family Support Group Meeting  |
| May 22         | 6:00 p.m.  | Park City Library                             | "Question-Persuade-Refer" Suicide Prevention Training Event presented by Latino Behavioral Health (Class Taught in Spanish)  |
| May 23         | 6:00 p.m.  | Park City Community Church                    | "Eye Movement Desensitization and Reprocessing (EMDR): A Breakthrough Trauma Therapy," lecture by Annie Edwards, MSW, CSW, of Provo Canyon Behavioral Health   |
| May 24         | 6:00 p.m.  | Blair Conference Center at Park City Hospital | "What is the Prodrome? Early Detection and Intervention for Adolescent Psychosis," lecture by Emily Owens, M.A., C.Phil., UCLA Center for the Assessment and Prevention of Prodromal States, Semel Institute for Neuroscience and Behavior |
| May 25         | 10:00 a.m. | Park City Library                             | "Postpartum Wellness: Be Prepared for Whatever Turn Your Postpartum May Take," by Sarah Caldwell of The Healing Group  |
| May 25*        | 6:00 p.m.  | Jim Santy Auditorium                          | "Dying in Vein: The Opiate Generation" film followed by panel discussion with Director Jenny Mackenzie, Dr. Beth Howell of the University of Utah, and Sam Plumb of Utah Naloxone.   |
| May 31         | 6:00 p.m.  | Park City Library                             | "What <u>ARE</u> they thinking? Inside the Adolescent Brain," lecture by Dr. Deborah Yurgelun-Todd of the University of Utah   |
| June 8, 15, 22 | 6:00 p.m.  | Park City Library                             | "Dementia Dialogues," Alzheimer's education series by Anne Asman of the University of Utah   |

\*Brain Storm Film Festival ... rewriting the script on mental illness

## ADDRESSES FOR EVENT LOCATIONS

Basin Recreation Fieldhouse ..... 1388 Center Drive, Newpark Town Center  
 Blair Conference Center at Park City Hospital ..... 900 Round Valley Dr., Park City  
 Jim Santy Auditorium ..... 1255 Park Avenue, Park City

Peoples' Health Clinic ..... 650 Round Valley Drive, Park City  
 Park City Community Church ..... 4501 N. Highway 224, Park City  
 Park City High School..... 1750 Kearns Blvd., Park City

Park City Library..... 1255 Park Avenue, Park City  
 Waldorf Astoria Hotel Park City..... 2100 Frostwood Drive, Park City

**MONTH OF MAY**  
 Visit your Summit County  
 or Park City Libraries  
 for books on mental health.

