THANK YOU
CONNECT is extremely grateful for the outpouring of community support that it has received. Mental Health Awareness Month would not have been possible without the financial support of the Marriott Daughters Foundation, the Park City Community Foundation and the Summit County Wellness Alliance. We want to thank all our community partners for their support during the year, including:

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: screening.mentalhealthscreening.org/stateofutah

DO YOU KNOW A CHILD WHO FEELS DEPRESSED? Click here for a brief online assessment: 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)
.............................................................(888) 628-9454 (Spanish)
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.

THREE THINGS YOU CAN DO TO HELP:
• PAY ATTENTION to the people around you.
• TAKE ACTION if you suspect someone is in distress.
• TAKE CARE of yourself.

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

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.

Our mission
Creating a well-informed and stigma-free community with access to mental health services for all.

CONNECT WITH US
ConnectSummitCounty.org
connectsummitcounty@gmail.com
facebook.com/ConnectSummitCounty
instagram.com/connectsummitcounty

We welcome you to join us!

THERE IS NO HEALTH WITHOUT MENTAL HEALTH.

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

CHECK OUT ...
CONNECT’s Mental Health Resource Directory
CONNECT is excited to announce our new Mental Health Resource Directory, which will formally launch during summer 2018. The new database will allow you to search for mental health providers throughout Summit County. Please watch for updates from CONNECT about the launch or visit the database at: connectsummitcounty.org/mental-health-resource-directory/

CONNECT’s new Parents, Family & Friends peer support group provides a safe, friendly and trusting conversation space for parents, friends and family of children and adults living with mental health challenges—sometimes we just need to talk to someone who’s been there. Confidentiality will be expected and maintained. THIS IS NOT THERAPY. It is an opportunity to talk and learn. The group meets monthly. For more information about this group, send an e-mail to 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.

Don’t forget to check out CONNECT’s ongoing calendar of events and programming at connectsummitcounty.org/calendar-events-2/ There are events for everyone!

THERE IS NO HEALTH WITHOUT MENTAL HEALTH.
<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>LOCATION</th>
<th>EVENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 1*</td>
<td>6:30 p.m.</td>
<td>Jim Santy Auditorium</td>
<td>Film: “Mindfulness Goes Mainstream” and Talk by Rebecca Brenner on “Mindfulness 101”</td>
</tr>
<tr>
<td>May 2</td>
<td>6:30 p.m.</td>
<td>Jim Santy Auditorium</td>
<td>“Ask Me Anything Night” with Park City High School students. Q&amp;A included</td>
</tr>
<tr>
<td>May 3</td>
<td>6:00 p.m.</td>
<td>Jim Santy Auditorium</td>
<td>“Social Media Wellness: Understanding the Intersection of School, Stress, and Social Media,” talk by author Ana Homayoun</td>
</tr>
<tr>
<td>May 7</td>
<td>Noon</td>
<td>Basin Recreation Fieldhouse</td>
<td>“Pro-ACTIVE Aging: Planning for Your Future” Lunch &amp; Learn with Liz Garcia-Leavitt (LCSW, University of Utah). Lunch courtesy of Applegate HomeCare &amp; Hospice. Reservation required for lunch. RSVP by May 4. <a href="mailto:connectsummitcounty@gmail.com">connectsummitcounty@gmail.com</a></td>
</tr>
<tr>
<td>May 8</td>
<td>6:30 p.m.</td>
<td>Intermountain Park City Hospital Blair Education and Conference Center</td>
<td>Featured Speakers: Admiral James S. Winnefeld (ret.) and Mary Winnefeld “No Family Is Safe From This Epidemic” As co-chairs of S.A.F.E. Project US, they are crusading nationwide to defeat the opioid epidemic through prevention, prescription drug controls, law enforcement and better access to quality treatment.</td>
</tr>
<tr>
<td>May 9*</td>
<td>6:30 p.m.</td>
<td>Jim Santy Auditorium</td>
<td>Film: “Hero(e)&quot; 2018 Oscar nominated documentary on the opioid crisis followed by panel discussion moderated by Aaron Newman (Summit County Health Department)</td>
</tr>
<tr>
<td>May 10</td>
<td>6:30 p.m.</td>
<td>Kamas Valley Branch Summit County Library</td>
<td>Community discussion: “How Are We Doing on Mental Health and Substance Abuse,” discussion with Kim Carson (County Council), Rich Bullough (Health Dept.), Beth Armstrong (People’s Health Clinic), Mary Christa Smith (Communities That Care), Roy Parker (Summit Recovery), Kara Beasley (SSHS student) and Ed Rutan (CONNECT). Audience comments and Q&amp;A moderated by Ollie Wilder (Park City Community Foundation)</td>
</tr>
<tr>
<td>May 14</td>
<td>6:00 p.m.</td>
<td>Ecker Hill Middle School</td>
<td>“Front Line &amp; Blue Line: Parents &amp; Police Working Together” presented by the Summit County Sheriff’s Office in partnership with the Summit County Health Department, Park City School District &amp; Communities That Care. Followed by Resource Fair.</td>
</tr>
<tr>
<td>May 15</td>
<td>6:30 p.m.</td>
<td>Jim Santy Auditorium</td>
<td>Community discussion: “How Are We Doing on Mental Health and Substance Abuse,” with Roger Armstrong (County Council), Nann Worel (City Council), Aaron Newman (Health Dept.), Mary Christa Smith (Communities That Care), Roy Parker (Summit Recovery), Eli Levine (PCHS student) and Shauna Wiest (CONNECT). Audience comments and Q&amp;A moderated by Ollie Wilder (Park City Community Foundation)</td>
</tr>
<tr>
<td>May 15*</td>
<td>6:30 p.m.</td>
<td>Kamas Valley Branch Summit County Library</td>
<td>Film: “Mindfulness Goes Mainstream” and Talk by Rebecca Brenner on “Mindfulness 101”</td>
</tr>
<tr>
<td>May 16</td>
<td>6:00 p.m.</td>
<td>Jim Santy Auditorium</td>
<td>“Concussion/TBI: Impacts on Mental Health” panel discussion and Q&amp;A with freestyle ski champion Alex Schlopy, Lauren Zaks (DPT, ATC, Wasatch Physical Therapy), Antoinetta Russo (PhD, TOSH) moderated by Lynn Ware Peek (KPCW)</td>
</tr>
<tr>
<td>May 17*</td>
<td>6:30 p.m.</td>
<td>Jim Santy Auditorium</td>
<td>Film: “Mind Game: The Unquiet Journey of Chamique Holdsclaw,” a film presented by the Park City Film Series in partnership with CONNECT. Followed by Chamique Holdsclaw in person for Q&amp;A.</td>
</tr>
<tr>
<td>May 17*</td>
<td>6:30 p.m.</td>
<td>Kamas Valley Branch Summit County Library</td>
<td>Film: “Hero(e)&quot; 2018 Oscar nominated documentary opioid crisis followed by panel discussion moderated by Mary Christa Smith (Communities That Care)</td>
</tr>
<tr>
<td>May 22*</td>
<td>Noon</td>
<td>Jim Santy Auditorium</td>
<td>“Portrait of An Alzheimer Caregiver,&quot; a play performed by WALK-ONS, INC. and talk by author Sheryl Bagshaw (Dementia Assist). Complimentary lunch provided. Reservations required for lunch. RSVP by May 18. <a href="mailto:connectsummitcounty@gmail.com">connectsummitcounty@gmail.com</a></td>
</tr>
<tr>
<td>May 22</td>
<td>6:30 p.m.</td>
<td>Intermountain Park City Hospital Blair Education and Conference Center</td>
<td>“The Brain Story: Come learn the science behind brain development, mental health, and addiction” talk by Dr. Nicole Sherren, Neuroscientist (The Palix Foundation)</td>
</tr>
<tr>
<td>May 24*</td>
<td>6:30 p.m.</td>
<td>Jim Santy Auditorium</td>
<td>Film: “Heaven Is A Traffic Jam on the 405” 2018 Oscar winning short documentary about artist Mindy Alper channeling her depression and anxiety into her work. Followed by panel discussion with psychiatrist Dr. Melissa Lopez-Larson and Ida Yoked (Expressive Therapies Utah).</td>
</tr>
<tr>
<td>May 30*</td>
<td>6:30 p.m.</td>
<td>Jim Santy Auditorium</td>
<td>Film: “Dying to be Thin” followed by panel discussion on eating disorders with Karen Malm, (PhD, Summit Community Counseling), Melissa Taylor (MS, LMFT, Center for Change), and Sloane Fitman (survivor)</td>
</tr>
<tr>
<td>May 31</td>
<td>6:30 p.m.</td>
<td>Sheldon Richins Building Auditorium</td>
<td>“70 Years of Healthy Minds: Current Research on Brain and Behavioral Health,” Talks and a Research Showcase presented by the University of Utah Psychiatry Department</td>
</tr>
</tbody>
</table>

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

ADDRESS FOR EVENT LOCATIONS

- Basin Recreation Fieldhouse ............................................. 1388 Center Drive, Newpark Town Center, Park City
- Ecker Hill Middle School ................................................ 2465 West Kily Road, Park City
- Intermountain Park City Hospital - Blair Education and Conference Center .... 900 Round Valley Dr., Park City
- Jim Santy Auditorium ..................................................... 1255 Park Avenue, Park City
- Kamas Valley Branch, Summit County Library ....................110 N. Main Street, Kamas
- Sheldon Richins Building Auditorium .............................. 1885 W. Ute Blvd., Park City

MONTH OF MAY

Visit your Summit County and Park City Libraries for books on mental health. Thanks for their support.

Visit ConnectSummitCounty.org/calendar-events-2/ for more information.