

# MENTAL HEALTH LUNCH & LEARNS



NORTHEAST COUNCIL ON  
CHILDREN & YOUTH

## Mental Health & Wellness 101

**FEB 7**  
**12 - 1 PM**

Did you know that you have mental health? In this webinar, we'll define mental health, everyday mental wellness, and signs you might be struggling.

[Click here to register!](#)

## Typical or Troubled? Identifying Signs and Symptoms of Mental Illness in Youth

Are the thoughts, emotions, and behaviors the youth in your life are experiencing are normal developmental milestones or are signs of something more concerning? We'll share what might be typical "growing pains" or a mental health condition.

[Click here to register!](#)

**FEB 14**  
**12 - 1 PM**

## Navigating the Mental Health System

**FEB 21**  
**12 - 1 PM**

In this hour-long webinar, learn the answers to many important questions about mental health care, treatment, therapy, medication, and advocacy.

[Click here to register!](#)

## Improving Workplace Culture & Mental Health

Are you experiencing stress in your professional life? Join us to identify the root cause of those stressors with an in-depth look into inclusive culture and mental health in the workplace!

[Click here to register!](#)

**FEB 28**  
**12 - 1 PM**