



MENTAL HEALTH SERVICES AWARENESS NIGHT

A VIRTUAL EVENT TO CONNECT
PEOPLE WITH RESOURCES



Thursday, October 22
Virtual Event
(Log on to link below)
7- 8:15 p.m.

SPEAKERS

- President Astrid Tuminez — UVU
Topic: The Importance of Resiliency
- Dr. Greg Hudnall — Hope Squad
Topic: Preventing suicide takes us all

LEARN HOW YOU CAN HELP OTHERS

Speakers begin at 7 p.m. — links to resources from organizations across the state will be posted on the website.

SEND INFO TO FAMILY AND FRIENDS

Event open to anyone in Utah. Please send information to anyone who could benefit.

REGISTER ONLINE

Please fill out the short registration form found at:
utahvalleyhospital.org/mentalhealthnight

**Log on to utahvalleyhospital.org/mentalhealthnight
on October 22 and follow posted instructions**