

May is Mental Health Awareness Month!

Each year millions of Americans face the reality of living with a mental or behavioral health issue... affecting individuals and their families and often co-occurring with substance use conditions. May is a time to raise awareness and to help reduce the stigma so many experience. Check out these FREE offerings...

Youth Suicide Prevention Event ♦ Tuesday, May 3, 2022 Liberty High School Auditorium ♦ 5:30 to 8:30 pm

Attend the Lehigh Valley Premiere of My Ascension – a film that was created to inspire and educate audiences, while providing a spark to help individuals and communities enhance suicide prevention efforts and save lives.

Meet and greet with Emma Benoit and visit resource tables. The movie starts at 6 pm followed by an important dialogue related to youth wellness and suicide prevention. Event speakers include Emma Benoit, filmmaker Greg Dicharry and others.

Register on Eventbrite: <https://www.eventbrite.com/e/my-ascension-lehigh-valley-screening-event-tickets-290471216227> or search “My Ascension Lehigh Valley”

Mental Health First Aid ♦ Wednesday, June 15, 2022 OASIS Community Center ♦ 9:00 am to 3:00 pm

Mental Health First Aid takes the fear and hesitation out of starting conversations about mental health and substance use problems by improving understanding and providing an action plan that teaches people to safely and responsibly identify and address a potential mental illness or substance use disorder. **Mental Health First Aiders can even save lives.**

Presented by instructors from Drug Free Workplace PA. Participants may attend in person or via Zoom but must be present for the full 6 hours to receive certificate of completion.

To register, send email with contact info to info@oasisbethlehem.org.

QPR (Question Persuade Refer) ♦ Monday, July 11, 2022 OASIS Community Center ♦ 9:30 am to 11:30 am

The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical, and proven suicide prevention training. The signs of crisis are all around us. Just like CPR, QPR is an emergency response to someone in crisis and can save lives.

Presented by instructors from Northampton County Mental Health Division.

To register, send email with contact info to:
info@oasisbethlehem.org.

