

# Mental Health America of Greenville Recognizes Mental Illness Awareness Week

Events scheduled for week of October 4-10<sup>th</sup>

**Monday, October 5th 2009**



**467-TEEN**

**TEENlineSC.org**

**Have you heard there is a new website in town: Introducing TEENlineSC.org**

Life can be extremely tough for youth in today's society. Many adolescents are faced with everyday challenges and experiences that are accompanied by worries and problems such as: pressures to do well in school, to win, to be liked, to get along with family and friends, to overcome breakups, and to make decisions that will affect their life. And let's face it Tweens and Teens often connect with their peers in discussing these matters. TEENlineSC.org gives young people a chance to link up with a trained peer crisis worker in a non judgmental and confidential setting. In addition, TEENlineSC.org provides community resources and mental health education to help navigate those tough spots in life. Go ahead...check us out at [www.TEENlineSC.org](http://www.TEENlineSC.org).

**Tuesday, October 6th 2009**



*\*Co-Sponsored by Carolina Center for Behavioral Health*

**Lunch and Learn: Understanding Bi-Polar Disorder featuring Jim Moran, LMSW**

**When:** Tuesday, October 6, 2009 from 11:00 am – 1:00 pm

**Where:** Multi Purpose Room at Trinity Lutheran Church located at 421 North Main Street in Downtown Greenville

**Details:** \$10.00 payable to Mental Health America of Greenville County (includes cost of lunch and CEU)

Bipolar disorder, also known as manic depressive illness, is a brain disorder that causes unusual shifts in a person's mood, energy, and ability to function. Different from the normal ups and downs that everyone goes through, the symptoms of bipolar can damage relationships, cause poor job or school performance, and even suicide. But there

is good news: bipolar disorder can be treated, and people with this illness can lead full and productive lives. Please join us in learning more about this very prevalent disorder. **To RSVP contact Michelle Morton@ 467-3598 or E-mail: michelle.morton@mhagc.org.**

## Wednesday, October 7th 2009



*\*Co-Sponsored by Greenville Technical College Human Services Division*

### **Movie Night featuring the award winning film CANVAS**

**When:** Wednesday, October 7, 2009 from 6:00 am – 8:30 pm

**Where:** TRC Auditorium on the main campus of Greenville Technical College (look for the flag poles)

**Details:** Free of charge and open to the public

*Canvas* is an award winning film that tells the story of a 10 year old (*newcomer Devon Gearhart*) whose mother (*Marcia Gay Harden*) is schizophrenic, and whose father (*Joe Pantoliano*) is loyal and loving but stretched almost beyond his endurance. The story of the boy and his dad is a portrait of love under enormous stress. A round table discussion will be held following the viewing of the movie. This event is open to the public and free of charge. **To RSVP contact Michelle Morton@ 467-3598 or E-mail: michelle.morton@mhagc.org.**

## Thursday, October 8th 2009



### **National Depression Screening Day**

**When:** Thursday, October 8, 2009 from 9:00 am – 5:30 pm \*Also available online at [www.mhagc.org](http://www.mhagc.org)

**Where:** Mental Health America of Greenville County at 429 North Main Street Suite 2 Greenville SC 29601

**Details:** Free of charge and open to the public

Whether for heart disease, high blood pressure, diabetes or depression, health screenings provide a quick and easy way to spot the first signs of serious illness and can reach people who might not otherwise seek professional medical advice. Clinical depression is a common medical illness affecting more than 19 million American adults each year. Like screenings for other illnesses, depression screenings should be a routine part of healthcare. Mental Health America of Greenville County is proud to once again join thousands of others across the nation in recognizing National Depression Screening Day. **For more information contact Michelle Morton@ 467-3598 or E-mail: michelle.morton@mhagc.org.**

**Friday, October 9th 2009**



**QPR: Would you give an hour to save a life?**

Suicide is not a topic we like to discuss. It's uncomfortable, dark, and a tragedy that happens in "other" communities. In reality, suicide crosses all social, cultural, economic, and educational boundaries which affect all of us. According to the SC Violent Death Reporting System 60% of all violent deaths in South Carolina are attributed to suicide. In 2008, there were 55 deaths ruled a suicide in Greenville County. It is estimated that for every 1 completion there are 25 attempts. Mental Health America of Greenville County (MHAGC) is committed to changing this disturbing trend and we need your help. We are pleased to offer a nationally recognized best practice suicide prevention training program entitled QPR. This training is available **free of charge** to you and takes approximately one hour. Please join us in the fight to save lives. Please contact Michelle Morton at 864-467-3598 or E-Mail [michelle.morton@mhagc.org](mailto:michelle.morton@mhagc.org) with any questions or to schedule a QPR Suicide Prevention Training for your agency, school, place of worship, civic group, or association. RSVP today!

**Saturday, October 10th 2009**



**Caring for our Community: Service Project**

**When:** Saturday, October 10, 2009 from 9:00 am – 12:00 pm

**Where:** Mental Health America Housing Properties

**Details:** Volunteers Needed

Mental Health America owns and operates 4 housing projects throughout the upstate that provide safe, affordable, and permanent housing for individuals living with mental illness. Help us send a message that the community cares by volunteering to help with minor painting and light cleaning. After all is done join us in hosting a cookout in honor of those who face mental illness on a daily basis. Maya Angelou said "you can't go through life with a catcher's mitt you have to be able to throw something back." To volunteer or for more information on other MHA volunteer opportunities **contact Michelle Morton@ 467-3598 or [michelle.morton@mhagc.org](mailto:michelle.morton@mhagc.org).**

**Thank and know that mental health matters everyday!**