

# MENTAL HEALTH SERVICES AWARENESS NIGHT: Where can people turn for help?

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*A free evening workshop for local leaders to outline and explain the counseling and other resources available in Utah County to help people dealing with mental or emotional conditions.*  
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THURSDAY, OCTOBER 21 — BYU CONFERENCE CENTER — 6 TO 9 P.M.  
INFORMATION BOOTHS, SPEAKERS, BREAKOUT SESSIONS

Participants will be able to attend a one-hour plenary session on substance abuse/pornography at either 6:30 or 8 p.m. They will also choose half-hour breakout sessions on the following topics:

- severe/chronic conditions • depression and suicide • children and teens •
- funding for services • post-traumatic stress disorder •

PLEASE REGISTER ONLINE AT  
[UTAHVALLEYREGIONAL.ORG/MENTALHEALTHNIGHT](http://UTAHVALLEYREGIONAL.ORG/MENTALHEALTHNIGHT)

*Attire for the evening is business or business casual.*



Comprehensive Clinic



United Way  
of Utah County



Wasatch Mental Health

