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Let's Talk About It!

May 2020

Wellness Radio



With **Scott Dudley**
 & **Maria Wyatt**

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 Sundays at 7:00 p.m.

SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of May 4	<p>Coronavirus (COVID-19) and Mental Health</p> <p>We are currently experiencing a global pandemic event caused by a communicable novel (new) virus. COVID-19 has already demonstrated its effect on our daily lives, our routines, and even our mental health. One of the best coping tools for anxiety is information discernment. Gathering information, verifying the accuracy of the information, and then specific planning to manage the information is an effective anxiety reduction strategy. We have invited Imperial County Public Health Registered Nurse Collett Ashurst, RN to discuss all things COVID-19. How it is spread, what symptoms are experienced, how to suppress the spread, and how to manage life and stress levels in the midst of an infectious disease outbreak. Join us and learn the best ways to proceed in the days ahead of us all.</p>	<p>Collett Ashurst, RN Registered Nurse Public Health Department County of Imperial</p>
Week of May 11	<p>Soar Above Stigma (Originally aired on March 2019)</p> <p>Imagine a high school where youth who were experiencing suffering due to symptoms of mental health problems didn't have to hide or minimize. Imagine there was open acceptance and support. Soar Above Stigma, a mental health wellness campaign at Southwest High School have taken on this challenge with their Healthcare Professional students playing a significant role in reducing mental health stigma on campus.</p>	<p>Jackie Valadez SHS HOSA: Future Health Professionals, Advisor</p> <p>Simran Singh SHS HOSA: Future Health Professionals, Mental Health Project Leader</p>
Week of May 18	<p>Mental Health Awareness Event at IVC</p> <p>Imperial Valley College will host an annual celebration of Mental Health Awareness with a series of informative workshops, recovery-based activities, and community-specific information during this event at Imperial Valley College. Join the Let's Talk About It hosts as we speak to presenters, students, faculty and other community members about the local value of collective community behavioral health support.</p>	<p>Imperial Valley College: May is Mental Health Month Event Students, Faculty, Administration, And Program Presenters</p>
Week of May 25	<p>World Mental Health Day Summit: Inclusion</p> <p>Imperial County annually celebrates World Mental Health Day with a series of informative workshops, recovery-based entertainment, and community-specific information during a day-long event at Imperial Valley College. Join the Let's Talk About It! hosts as we speak to presenters, guests, and other community members about including diverse mental health supportive practices in our lifestyles.</p>	<p>A Selection of Presenters, Community Members, Interagency Partners and ICBHS Experts</p>

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