

Let's Talk About It!

September 2022

Wellness Radio

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(442) 265-1525 or 1-800-817-5292



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

Tune in:



Thursdays at 8:00 a.m.



Sundays at 7:00 a.m.



Sundays at 7:00 p.m.

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| SCHEDULE: | TOPIC: | GUEST SPEAKER: |
|------------------------------------|--|--|
| Week of September 5 th | <p>Central Union High School's Yellow Ribbon Club (Originally aired on March 2021)</p> <p>The Yellow Ribbon Club, a high school student organization focused on suicide prevention, encourages a positive attitude and outlook on life. The club promotes holistic wellness starting with students, but with a goal of reaching the entire community, through a focus on self-care and positivity. Join us as counselor Ramona Campos and student leaders Itzel and Vanessa talk more about this wonderful school-based mental health wellness club.</p> | <p>Ramona Campos Counselor Itzel and Vanessa President, Vice-President of Yellow Ribbon Club Central Union High School</p> |
| Week of September 12 th | <p>Suicide Prevention-Know The Signs (Originally aired on September 2021)</p> <p>Suicide is a major public health concern. Suicide can be very complicated and tragic, but it is also often preventable. Know The Signs is a California suicide prevention campaign that focuses on direct steps and skills to prevent suicide. Suicide is preventable, by knowing where to reach out and finding the words. Listen in as Stan Collins, suicide prevention specialist from Know The Signs, joins us to speak more in depth about this important topic.</p> | <p>Stan Collins Consultant Suicide Prevention Specialist Know The Signs</p> |
| Week of September 19 th | <p>Imperial County Behavioral Health Children and Adolescent Services Overview</p> <p>1 in 4 children experience treatable mental health conditions every day in our community. These conditions affect grades, self-esteem, social relationships and can affect lifetime outcomes if not treated. None of our children deserve to suffer these outcomes. Join us as we re-introduce an overview of Imperial County Behavioral Health's Children and Adolescent Services with Behavioral Health Deputy Director Jose Lepe, as he shares the ease, comfort, care, and scope of accessing behavioral health supports and services for our children.</p> | <p>Jose Lepe, MPA Deputy Director Children and Adolescent Outpatient Services</p> |
| Week of September 26 th | <p>Anorexia and Bulimia-Signs, Symptoms & Treatment (Originally aired on January 2018)</p> <p>Eating disorders can affect anyone regardless of age and socioeconomic status. Family members may be suffering through this and not know it or not comprehend what they are going through. Not eating enough or eating too much all at once? This may be a sign of an eating disorder. Join us as Maricruz Bermudez talks more in depth about the various eating disorders and the treatment available.</p> | <p>Maricruz Bermudez, LMFT Licensed Marriage and Family Therapist Supervising Therapist Youth and Young Adult Services</p> |

