



MAY IS OLDER AMERICANS MONTH! **COMMUNITIES OF STRENGTH**

Thursday, May 13, 2021 ~ FREE Webinars

Offered by NC Geriatric Adult Mental Health Specialty Team (GAST)



MENTAL HEALTH 101: THE BASICS

9 am - 10 am

Learn the difference between mental health and mental illness, how to identify changes, and ways you can support people living with a mental illness.



ANXIETY DISORDERS: 2021

11 am - 12: 30 pm

Take a look at some anxiety disorders and ways to manage and treat them. Available statistics on the impact of COVID-19 will be included.



SUBSTANCE USE DISORDERS IN OLDER ADULTS

2 pm - 3 pm

Aging leads to both social and physical changes that may increase substance misuse. Learn risk factors for and symptoms of Substance Use Disorders.

Certificate of Attendance available upon request.



therapeutic alternatives, inc.
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To register, contact Dawn Lillard,
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