



Palm Beach County
 Youth Services Department
 Residential Treatment & Family Counseling Division
 Education and Training Center
 PRESENTS



Lunch & Learn

Introduction to Mental Health

Presenter:

Brittany Grimshaw Houghtlin, M.S.



REGISTRATION LINK:

[HTTPS://
 WWW.SURVEYMONKEY.COM/
 R/7VN96PZ](https://www.surveymonkey.com/r/7VN96PZ)

*If you have trouble accessing
 the survey, please copy the
 link and paste it directly into
 your browser*

Date & Location

THURSDAY,

MAY 2, 2024

12:00 pm—1:00 pm

**ZOOM REMOTE VIDEO
 CONFERENCE**

Once registration is
 confirmed, link to access
 the training will be
 provided

Description

A vast majority of individuals have heard the term “mental health” used in some context. Whether it be to place importance on an individual’s “mental health” or check up on family or friend’s “mental health,” this term has become commonplace in today’s society. This presentation will focus on introducing and investigating “mental health” beyond its use as a popular phrase. Through this Lunch & Learn, attendees will advance their knowledge of the definition, importance, and features of “mental health” to cultivate confidence in their ability to understand and discuss the universal phenomena.

— MAY —
**MENTAL
 HEALTH**
 AWARENESS MONTH



There is no cost associated with this program.