

FOR IMMEDIATE RELEASE:

September 29, 2020

Community Help Expo: Navigating Behavioral Health and Suicide

Will be held Nov. 12 at the Lone Star Convention and Expo Center, 9055 Airport Road in Conroe.

The expo is free and open to the public. It is presented by the Behavioral Health and Suicide Prevention, BHSP, Task Force of Montgomery County in collaboration with the [Texas A&M AgriLife Extension Service](#). Financial support for the event is being provided through a grant from the [Rebuild Texas Fund](#).

“Good community health includes good mental health,” said Judge Wayne Mack, Justice of the Peace – Precinct 1, Montgomery County, who was instrumental in coordinating the conference. “This expo will give residents of Montgomery County the opportunity to see the information and resources we have to help address the mental health challenges they or someone they know may be facing.”

Expo agenda and objective

Doors for the event open at 1 p.m. and presentations will be from 1:30-4:30 p.m. Attendance can be either in person or virtual. Participants should register in advance at www.communityhelp.org

Breakout sessions in chronological order will be:

- Mental Health in the World of COVID-19.
- Trauma Informed Care/Trust-Based Relational Intervention for Parents.
- How to Have Tough Conversations with Your Teen About Depression and Suicide.
- Talk Saves Lives.

At 5:30 p.m., there will be a panel discussion on behavioral health and suicide prevention along with a BHSP update and call for volunteers.

At 6:30 p.m., there will be a presentation by keynote speaker **Kevin Hines**, who will speak about his own struggles with mental illness and his experience in surviving an attempt at taking his life by jumping from the Golden Gate Bridge.

There also will be an **art exhibit** and resource fair in the expo center foyer during the event.

“The Community Help Expo is designed to bring awareness to mental health issues while also connecting the citizens of Montgomery County to their local mental health resources,” said Meredith Carter, AgriLife Extension program specialist for the 4-H youth development unit and one of the leaders for the Rebuild Texas Mental Health First Aid grant.

“Our hope is to help people understand if they are struggling with mental health or know someone who is, they know recovery can be possible. There are lots of mental health resources available, and we want to highlight what they are.”

Carter noted that in addition to allowing the BHSP Task Force and AgriLife Extension to host this event, the grant from the Rebuild Texas Fund will also fund the presentation of Mental Health First Aid classes in all 41 counties affected by Hurricane Harvey. Mental Health First Aid is a skills-based training course in which participants learn about mental health and substance-use issues.

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