

*Let's Talk, Johnstown: Resources for Mental Health on Stress & Anxiety*

Join this community conversation about mental health focusing on stress and anxiety and suicide prevention on Monday, August 8, from 6-8 p.m. streaming live via Johnstown's Facebook and YouTube page or in person at the City of Johnstown's Council Chambers at 599 S. Main Street.

This year's important conversation is presented in addition to the Mental Health & Suicide Prevention Community Conversation from May 2021. Focused on stress and anxiety, the presentation and roundtable discussion is about accessing resources and community response on the heels of the stressors of the pandemic and the unknown future of what Intel will bring, locally. The City will host this important conversation with experts in mental health and community partners, including:

- Kay Spergel, Executive Director of Mental Health and Recovery for Licking and Knox Counties
- Chad Brown, Licking County Health Commissioner
- Kate St. James, Executive Director of Behavioral Healthcare Partners
- Interim Chief Rusty Smart, Johnstown Police Department
- Shannon Cox and Kendra Arbogast, Johnstown Monroe Local School District Student Support Specialists & Jenny Herr, School Counselor
- Pastor Matt VanWinkle – Representative from local faith-based organizations
- Emily Morrison, Community Relations Coordinator, Mental Health and Recovery for Licking and Knox Counties
- Penny Sitler, Executive Director, Mental Health America of Licking County

*Let's Talk, Johnstown: Resources for Mental Health on Stress & Anxieties* an important forum not only for Johnstown residents, but Licking County residents alike.

Forum panelists comprised of local mental health and health professionals will speak about how each of their organizations address mental health in Licking County. Additionally, they will provide suicide prevention resources on how to spot key signs and symptoms, increase awareness of the associated risk factors, and most importantly – provide answers on how to seek help. Panelists will be available for a limited time after the

formal presentation to help answer questions and provide insight, where needed.

To submit a question about mental health and suicide prevention for the panelists ahead of time, please email [info@johnstownohio.org](mailto:info@johnstownohio.org). Questions via the Facebook Event will be monitored and presented to the panel as time allows.