

**RESTORING  
HOPE FOR  
BRIGHTER DAYS**

**Thank you for joining! We will get started in a few minutes.**

# RESTORING HOPE FOR BRIGHTER DAYS

**Increasing awareness of mental health symptoms, continuing to bust the stigma, and encouraging individuals to Be Kind to Your Mind!**



# Regan Goldberg

Senior Vice President,  
Chief Development &  
Experience Officer

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**be kind  
to your  
mind** 



**Meet the Moderator:  
Lindsay Calcaterra,  
Vice President of  
Communication**

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support and partnership!**

# Meet the Panel!

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**Kevin Fischer**  
**Executive Director,**  
**NAMI Michigan**

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# Eric Hipple

**Blue Cross Blue Shield of  
Michigan's Mental Health  
and Fitness Spokesperson &  
Former NFL Quarterback,**

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**Kris Miller**  
**Founder, On a**  
**Dragonfly's Wings**


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**Dr. Jeffrey Guina**  
**Chief Medical Officer,**  
**Easterseals MORC**



**Questions? Please utilize the chat to ask questions for our panelists.**

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# Resources

- **Suicide and Crisis Lifeline:** Call/Text 988 or chat [988lifeline.org](https://988lifeline.org)
  - You'll be able to speak with a trained crisis counselor any time of day or night.
- **NAMI Helpline:** Call 800.950.6264 or text 62640
  - Monday through Friday from 10 a.m. to 10 p.m., ET
  - Learn more at: <https://www.nami.org/Support-Education/NAMI-HelpLine/>
- **Easterseals MORC:** 1.800.75.SEALS
  - Offering a FREE and anonymous mental health screening at [www.EastersealsMORC.org](http://www.EastersealsMORC.org)
  - Proudly offering a comprehensive array of services for individuals with disabilities and their families.
- **Oakland Community Health Network Resource & Crisis Center:** 248.464.6363
  - <https://www.oaklandchn.org/290/Crisis-Services>
- **On a Dragonfly's Wings:** <https://onadragonflyswings.com/>
  - Providing community support and increasing awareness of suicide prevention
  - To contact Kris, email [kris@onadragonflyswings.com](mailto:kris@onadragonflyswings.com)



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**Thank you for attending the Restoring  
Hope for Brighter Days Webinar!**



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