BRIGHTER DAYS

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

BRIGHTER DAYS

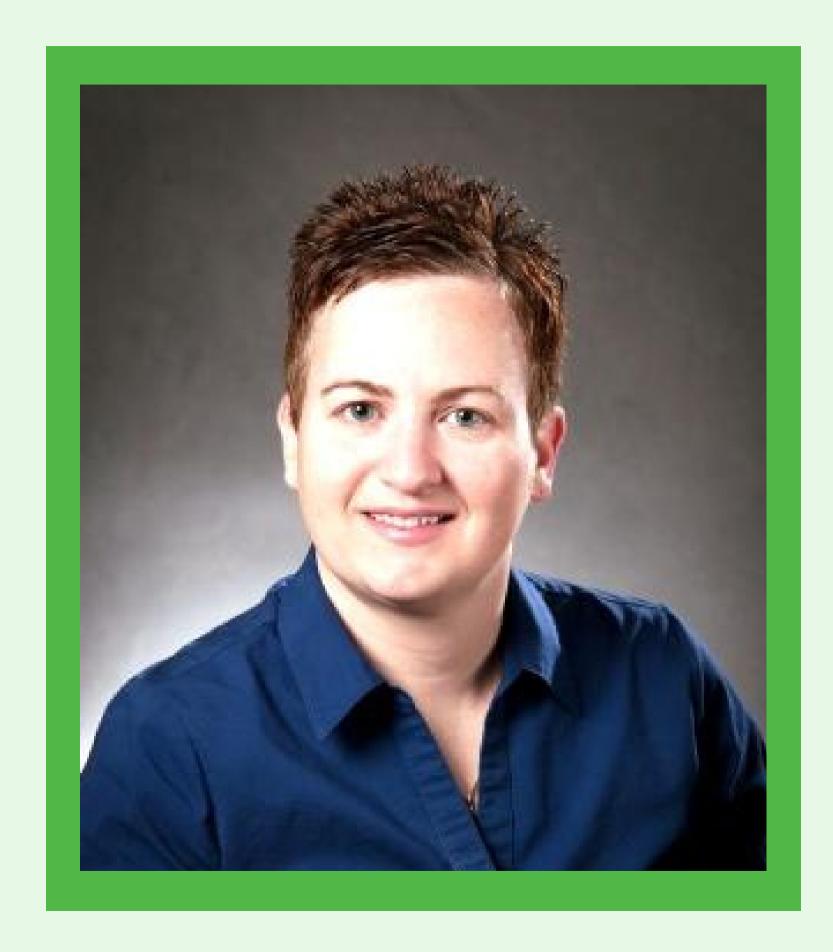
Increasing awareness of mental health symptoms, continuing to bust the stigma, and encouraging individuals to Be Kind to Your Mind!



Regan Goldberg

Senior Vice President, Chief Development & Experience Officer





Meet the Moderator: Cindsay Calcatera, Vice President of Communication







Blue Cross Blue Shield Blue Care Network of Michigan



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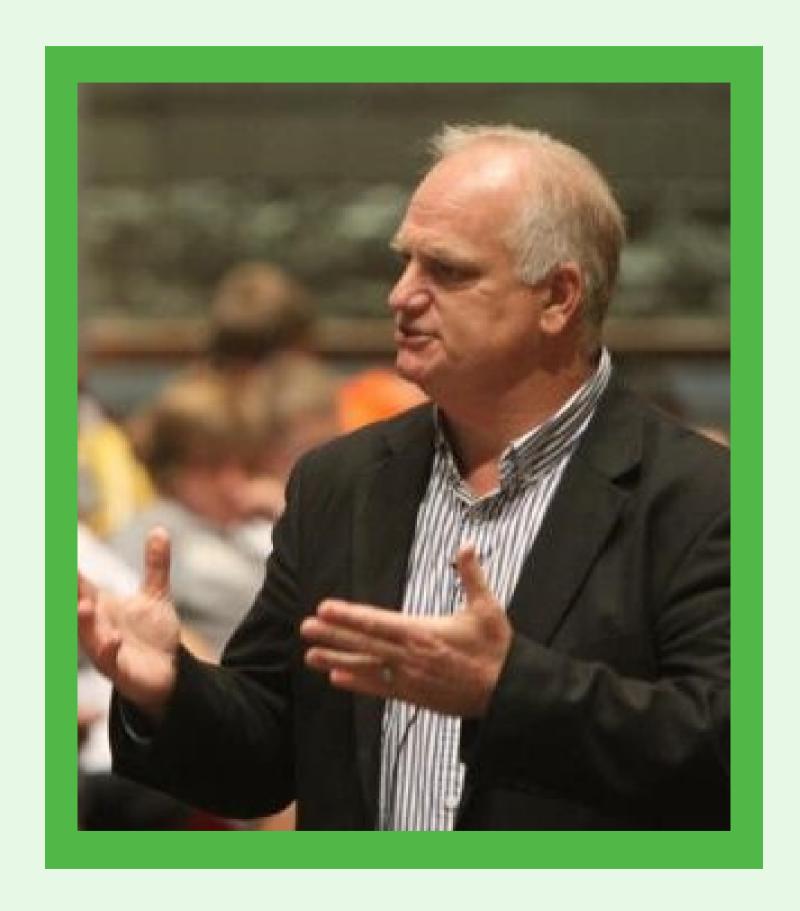
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Kevin Fischer Executive Director, NAM Michigan





Eric Hipple

Elue Gross Elue Shield of Michigan's Mental Health and Fitness Spokesperson & Former NFL Quarterback





Kris Miller Founder, On a Dragonfly's Wings





Dr. Jeffrey Guina Chief Medical Officer, Easterseals MORG



Cuestions? Please atilize the chat to ask questions for our panelists.



Beemees

- Suicide and Crisis Lifeline: Call/Text 988 or chat <u>988lifeline.org</u>
 - 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
 - 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



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