

# At the Depot



## A Free Community Education Series on Mental Health & Addiction for Lawrence County

Learn about mental illness, treatment, & practical strategies to promote wellness

*Provided by Graduate Students & John Keesler, PhD, IU Bloomington School of Social Work  
Informed by the 2018 Lawrence County Community Survey on Mental Health & Addictions*

**Sessions are on Thursdays 6:30PM – 7:30PM**

**~ Location ~**

**Downtown Depot  
14<sup>th</sup> and J Streets  
Bedford, Indiana**

**October 4<sup>th</sup>**      ***Mental Illness & Addiction: Promoting Recovery & Resilience***  
*Learn about the connection between mental illness, addiction, stigma, & strategies to reduce stigma*

**October 11<sup>th</sup>**      ***Harm Reduction: Community Choices & Voices***  
*Understand the thinking behind harm reduction & discussing its impact on communities*

**October 18<sup>th</sup>**      ***Beyond Stress: Let's talk ACEs & Trauma***  
*Learn about Adverse Childhood Experiences, trauma, & everyday helpful strategies*

**October 25<sup>th</sup>**      ***Just a Rainy Day? Recognizing Depression***  
*Understand depression, what treatment might look like, & useful tips to help*

**November 1<sup>st</sup>**      ***Tigers in Our Minds: Understanding & Responding to Anxiety***  
*Recognize signs of anxiety, understand how it is treated, & gain strategies to calm the mind & body*

**November 8<sup>th</sup>**      ***Building Blocks: Understanding Children's Mental Health***  
*Learn the signs of depression & anxiety in children & develop a few coping strategies for home life*

**November 15<sup>th</sup>**      ***More than Not Listening: Autism & ADHD in Children***  
*Recognize the signs of autism & ADHD in children & acquire some practical tips to help them succeed*

**November 29<sup>th</sup>**      ***Finding a Path: Navigating Mental Health & Addiction Services***  
*Learn about the services available in Lawrence County & how to go about getting help*

Questions? [jkeesler@iu.edu](mailto:jkeesler@iu.edu)