



Understanding Mental Health: A Three-Part Community Learning Series

Mental health affects us all. Whether you're supporting a loved one, looking to learn more, or wanting to build a stronger community, this free three-part learning series provides practical information and resources to better understand mental health, respond to a crisis, and support recovery.

Prospect Heights Public Library | 12 Elm St, Prospect Heights, IL

Workshop 1:

Mental Health: What Everyone Should Know

August, 29, 2026 | 10:00 AM - 12:00 PM

Gain a better understanding of mental health, common mental health conditions, and factors that influence well-being. Learn how to recognize signs that someone may be struggling and how to start supportive, stigma-free conversations. Parents are welcome to bring children in 6th grade and below to participate in a separate, age-appropriate session.

Workshop 2:

Recognizing and Responding to a Mental Health Crisis

September, 26, 2026 | 10:00 AM - 12:00 PM

Learn how to recognize the warning signs of a mental health crisis, respond with confidence and compassion, and connect individuals to appropriate crisis services and community resources. Participants will engage in discussion, role-playing, and interactive activities to practice applying these skills in real-life scenarios.

Workshop 3:

Recovery, Resilience, and Community Support

October, 24, 2026 | 10:00 AM - 12:00 PM

Recovery is possible. Explore how treatment, peer support, family involvement, and community resources help individuals build meaningful lives while learning ways everyone can support recovery and reduce stigma.



Everyone is welcome!

These workshops are designed for anyone interested in learning more about mental health and crisis support.

Attend one session or all three. Each workshop is designed to stand on its own.

Scan the QR code to register:



Questions? Contact:
jasmine.vergara@cookcountyhealth.org



**COOK COUNTY
HEALTH**

Office of
Behavioral Health



OUR DAILEY BREAD



illuminate
THERAPY & WELLNESS



ISMS
IMPACTED SURVIVORS OF MURDER-SUICIDE

*The Prospect Heights Library does not sponsor, endorse, or promote this event or the presenting group or individual.