**Lafayette County Mental Health Matters Week**

**Schedule of Events:**

Sunday, August 2nd:

* Extinguishing Stigma Fire Truck Parade, Darlington, 3pm, view the parade from your porch or your car, see [map](https://docs.google.com/document/d/1sQs07sFHOjLAYIvVcjUiekpYqYrgrNnwhpt-_vfU7SQ/edit?usp=sharing) for route

Monday, August 3rd:

* Share a photo representing positive ways you support your mental health, and post on social media with the hashtag #MHMLafCo. Everyone is welcome to participate, let’s normalize talking about our mental health in order to reduce stigma!

Tuesday, August 4th:

* QPR (Question, Persuade, Refer) suicide prevention training, Zoom virtual training, 2-3:30pm, sign up here <https://form.jotform.com/201886938025059>, QPRis a 90 minute evidence-based training that helps provide community members with the knowledge and basic skills to identify the signs and symptoms of potential suicidal thinking, and to take the first step of intervening and connecting to resources.

Wednesday, August 5th:

* Don't Mask Your Emotions: Roger Reynolds Facebook Live event, 2pm, find the event on our Facebook page @MHMLafayetteCo, We will discuss emotional awareness and taking care of yourself during the COVID-19 pandemic. Topics include isolation, worry, added pressures, navigating differing viewpoints and other stressors.

Thursday, August 6th:

* Kids Yoga in the park, Argyle-Legion Park, 4:00pm, wear comfortable clothes, bring water and a blanket or yoga mat

Friday, August 7th:

* Darlington Police Drive-Through Brat Feed & music by Tom Black in the Gazebo at the Festival Grounds (next to Casey’s along the river), 5-7pm
* Yoga in Shullsburg- Date and Time TBA, check Facebook for details

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Mental Health Matters of Lafayette County is a nonprofit organization comprised of a number of community members that have a shared focus on educating others, advocating for individuals in need of support and guidance, reducing the stigma of mental illness, and connecting individuals with mental health resources in our communities and surrounding counties.

1 in 5 Americans struggle with mental health issues. Mental illness is every bit as normal as physical illness, so let’s break this stigma within our community and work towards change!

The purpose of our Mental Health Matters Week (August 2-7, 2020) activities are to devote a week to educating all community members, including children, on why mental health matters, resources available, and the importance of working together to reduce the stigma and support mental health needs in our individual communities.

We are happy you have joined us this week to learn, participate and help spread the message that mental health matters!

This year due to COVID-19 all of our activities will allow for, and encourage, social distancing.



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