

Mental Health & You: Bridging Mind and Body

A Free Mental Health & Self-Advocacy Workshop

Join us for a day of interactive workshops focused on mental wellness, self-advocacy, and practical skills to support well-being **for self-advocates, Direct Support Professionals (DSPs), and disability service providers.**

What to Expect:

- ✓ Skill-building workshops and activities
- ✓ Mental health and wellness strategies
- ✓ Self-advocacy training
- ✓ Community resources and connections
- ✓ Lunch provided



Registration Required

Scan the QR code to register!



<https://forms.gle/N34KTJadncwMaqhc7>

For questions or concerns, contact Rachel Byers at rachel.byers@usu.edu.



Emma Eccles Jones College of Education, Health, & Human Sciences
Institute for Disability Research, Policy & Practice
UtahStateUniversity.

MENTAL HEALTH
& INTELLECTUAL/DEVELOPMENTAL DISABILITIES