

Virginia Center for Inclusive Communities thanks #IfYouCouldSeeMe and VOCAL for their partnership in this RVA Table Talk

#IfYouCouldSeeMe: Radical Healing

Saturday, June 8th at 7 pm

Virginia Repertory Theatre at Willow Lawn
1601 Willow Lawn Drive
Richmond, VA, 23230

Contact: erin@ifyoucouldseeme.com

More info at www.ifyoucouldseeme.com

#IfYouCouldSeeMe

www.ifyoucouldseeme.com

Facebook: @iycsm

Twitter: @elmahone

Instagram: erinlmahone

t: 804-869-9804

**2019 Annual Mental Health Recovery Conference: “The Evolution of Us”
May 20 - 21 at the Hotel Madison in Harrisonburg**

The conference begins at 11:00 a.m. on Monday and closes at 4:00 p.m. on Tuesday. What can you expect? Networking, camaraderie, innovative discussions, relaxation, our annual dance and karaoke on Monday night, opportunities for learning (including many workshops eligible for Continuing Education Units for Peer Recovery Specialists) and much more!

More info at

vocalvirginia.org/connect/vocal-conference/

VOCAL

1904 Byrd Avenue, Suite 124
Richmond, VA 23230

t: 804-343-1777 f: 804-343-0160

vocalvirginia.org

network@vocalvirginia.org

Suggested Reading

[The Noonday Demon: An Atlas of Depression](#)

Andrew Solomon

Considered one of the most important books on depression, The Noonday Demon portrays the author’s personal experience with depression and provides extensive information about it. You can learn more about Solomon’s work and his experience with depression by watching his illuminating (and popular) TED Talks.

[My Age of Anxiety:](#)

[Fear, Hope, Dread, and the Search for Peace of Mind](#)

Scott Stossel

In this part-memoir, part-reportage, American journalist Scott Stossel bravely writes about his most acute episodes of anxiety, offering extensive information on the topic.

In the News

Richmond Times Dispatch | March 20, 2019

Va. Officials Begin Planning New Mental Health Care Standards For Jails

www.richmond.com/news/virginia/government-politics/va-officials-begin-planning-new-mental-health-care-standards-for/article_c38219e6-e9df-5c96-8608-d0bb3f77a3d6.html

NBC Washington | March 15, 2019

Virginia Mental Health Centers To Offer Same Day, Walk-In Evaluations

www.nbcwashington.com/news/local/Virginia-Mental-Health-Centers-to-Offer-Walk-In-Evaluations-507189931.html

Podcasts

11 Mental Health Podcasts to Subscribe To in 2018

www.talkspace.com/blog/2018-mental-health-podcasts-subscribe-to/

Crisis and Warm Lines

Reach out for connection and support:

National Suicide Prevention Lifeline: (800) 273-8255 (24/7)

MHAV Warmline: 866-400-6428 (M–F 9a – 9p , S-Su 5p-9p)

LGBT National Hotline: 888-843-4564 (limited hours)

Call 911 in case of emergency

NAMI (National Alliance on Mental Illness) www.nami.org

Call the NAMI helpline - 800-950-6264

Or, In a Crisis? Text NAMI TO 741741

This document can also be found at www.inclusiveVA.org/rvatabletalk

These suggestions are intended for use by adults. Their listing on this page does not imply endorsement by the Virginia Center for Inclusive Communities of all content included therein

Virginia Center for Inclusive Communities

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