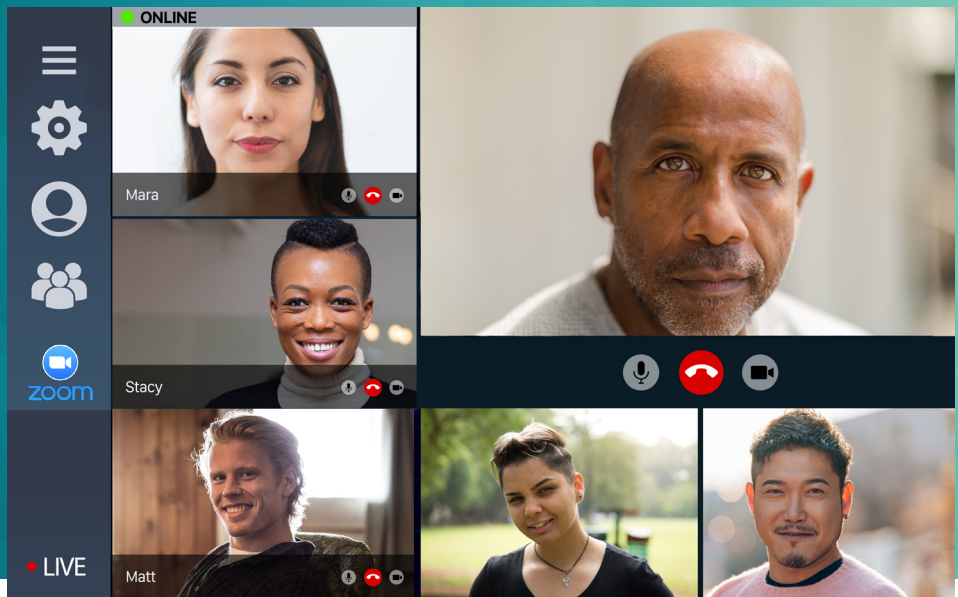


# LGBTQI+ Town Hall on COVID-19 and Mental Health

Join a Virtual Town Hall for tips,  
information and resources for coping  
with stress during this challenging time.



The COVID-19 (coronavirus) pandemic is increasing stress and anxiety for many in our community. The County of Santa Clara's Behavioral Health Services Department is here to support your health and wellbeing and is sponsoring a series of virtual town halls. At these town halls, culturally- specific mental health information and resources for individuals, families and communities will be shared.

#### Participants will:

- Learn tips for managing stress, including anxiety and depression;
- Learn about local mental health resources available;
- Have a discussion and question/answer session mental health professionals and peers.

This LGBTQI+ Town Hall is brought to you by the Q Corner and Suicide Prevention Program. <http://www.sccbhd.org/theQCorner>



COUNTY OF SANTA CLARA  
**Behavioral Health Services**



**Virtual town halls will take place via Zoom and Facebook Live and will be recorded.**

**Date and time: June 1, 3:30pm-5:00pm**  
**Registration: <https://shorturl.me/VIO5G>**

**Presenters: Additional presenters TBA**

- **Dr. Jules Chyten-Brennan - Medical Director for Transgender Care at Santa Clara Valley Medical Center for the Gender Health Center (GHC)**
- **Dr. Kimberly Balsam - Director of the Center for LGBTQ Evidence-Based Applied Research (CLEAR) and Department Chair of Psychology at Palo Alto University**
- **Lida Vala, LMFT - private practice specializing in training and education for providers working with the Transgender & Non-Binary community**
- **Additional presenters TBA**

**JUNE IS PRIDE MONTH**

