



## **FOR IMMEDIATE RELEASE**

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### **2020 Military & Veterans Mental Health Summit**

**WILMINGTON, Del.** — In order to provide America's Veterans with resources and tools for improved mental health, Wilmington Veterans Affairs Medical Center mental health professionals will be participating in the 2020 Military & Veterans Mental Health Summit Monday, August 31 – Friday, September 4.

The summit, hosted by the Mental Health Association (MHA) in Delaware, will be focused on addressing mental health issues facing America's men and women who have served and are currently serving in the Armed Forces.

Due to the COVID-19 pandemic, this year's summit will be held virtually over Zoom. Participation is free, but registration is required. A complete schedule of events and registration information can be found below.

#### **Mental Health Summit Schedule of Events**

- **Monday, August 31**  
10 – 11:30 a.m.  
Keynote Address: "Veterans Perceptions of Behavioral Health Services"  
Dr. Larence Kirby, LPCMH, (USAF Retired)  
Executive Director, Delaware Office of Veterans Affairs
- **Tuesday, September 1**  
10 – 11 a.m. or 2 – 3 p.m.  
"Virtual Resources and Telehealth"
- **Wednesday, September 2**  
10 – 11 a.m. or 2 – 3 p.m.  
"Suicide Prevention, Intervention and the Crisis Hotline"
- **Thursday, September 3**  
10 – 11 a.m. or 2 – 3 p.m.  
"Personal Self-Care"
- **Friday, September 4**  
10 – 11 a.m. or 2 – 3 p.m.  
"Cognitive Approach to Resiliency"

#### **Registration Information**

The schedule of events and registration information can be found on the MHA in Delaware website at [www.mhainde.org/education/military-veterans-mental-health-summit/](http://www.mhainde.org/education/military-veterans-mental-health-summit/). Additional information will be provided to those who register prior to the summit.

#### **September is National Suicide Prevention Month**

This year's summit leads into National Suicide Prevention Month. If you are a Veteran or know a Veteran in crisis, please call the Veterans Crisis Line at **1-800-273-8255**, Press **1** or text **838255** to connect with a responder for 24/7 confidential help.

**VA**



**U.S. Department  
of Veterans Affairs**

Wilmington VA Medical Center  
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Wilmington VA Medical Center provides health care services to approximately 33,000 Veterans through its main medical center and five Community Based Outpatient Clinics in Delaware and southern New Jersey. For more information, visit [wilmington.va.gov](http://wilmington.va.gov).

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