

Accessing Mental Health Care in Our Community

January 21, 2022 between 8:00 pm and 9:30 pm (EST)

Synopsis:

Many of us are experiencing increased stress, anxiety, and social isolation due to challenges posed by the COVID-19 Pandemic. Where can we go in Howard County for information, resources, and treatment options to improve our emotional health and wellbeing? Who can we call when we're worried about a friend or family member in crisis? What resources exist to help access mental health care in our community? It can be difficult to know where to start when looking for help with behavioral health concerns. Join the Howard County Health Department and the Howard County Public School System for a talk about accessing mental health care in our community.

Biography:

Leah Bulka, LMSW is the Behavioral Health Navigator and Suicide Prevention Coordinator at the Howard County Health Department. She is a licensed social worker with a background spanning from early childhood mental health to older adult services. In her current role, Leah helps guide individuals through the behavioral health system and oversees suicide prevention programming at the Health Department.

Dr. Cynthia Schultmeyer is in her 28th year with the Howard County Public School System. She spent the first ten years as a school-based school psychologist and the remainder of her time as Coordinator of Psychological Services. Dr. Schultmeyer's areas of professional interest include: suicide prevention, school safety, threat management, crisis response, and school-based mental health.