

# Mental Health 101



Riverside University Health System – Behavioral Health  
Prevention and Early Intervention

## *Free Virtual Presentation*

**For dates and availability, e-mail [PEI@ruhealth.org](mailto:PEI@ruhealth.org)  
or call (951) 955-3448**

This 60-minute presentation will focus on:

- Understanding mental health
- Understanding mental health vs. mental illness
- Mental health spectrum
- Stigma reduction
- Risk and protective factors
- Available resources

CEUs or certificates are not offered for this presentation.

