



2023-2024 COMMUNITY OF CARE PROGRAMMING

APRIL WEBINAR

HELPING A CHILD IN CRISIS

A pre-taped dialogue featuring a panel of experts speaking on the warning signs of severe depression/suicidal thoughts, how to intervene with those at risk, available local resources, helpful tools for parents and children, and a message of hope. Questions submitted by the Hudson community will also be addressed.

THE PANEL INCLUDES:

- **Cara Wright, LPC LifeAct Instructor** (teaching suicide prevention and stress management to middle and high schoolers across NEO) with 25 years of experience working with a variety of individuals and families within a multitude of environments in the field of mental health.
- **Stephanie Collins, LPCC-S full time clinical counselor** at Hudson High School, affiliated with Child Guidance & Family Solutions, and part time faculty member at Kent State University in the Clinical Mental Health Counseling Masters program. She has worked in outpatient and school settings for 26 years.
- **Linda Cunningham, board certified psychiatric nurse practitioner** with a wide variety of experience in the mental health field, including inpatient and outpatient psychiatry, psychiatric emergency medicine, and consultation and addiction medicine. She currently provides mental health treatment through Hygge psychiatry in Lakewood, Ohio.

The dialogue will be available for viewing Wednesday April 17, at 7pm on Spectrum cable, channel 1021 and will be aired regularly through the end of May. It can also be viewed on demand through a link on <http://www.HudsonCommunityFirst.com>.