



Loudoun County, Virginia

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NEWS RELEASE

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Loudoun Offers Resources and Educational Seminars During Mental Health Awareness Month

During May – Mental Health Awareness Month – Loudoun County encourages the community to explore the mental health resources and educational opportunities available through the county government.

Educational Workshops

Loudoun County is offering a new interactive, educational workshop for parents, caregivers, educators and community members to learn more about preventing underage drinking and other substance use; “Talk. They Hear You.” Each workshop aims to help inform, prepare and motivate parents and caregivers to talk with their kids about these issues. Two sessions are available:

- May 18, 2023, 6:30-8:00 p.m., Rust Library, 380 Old Waterford Road NW, Leesburg
- May 23, 2023, 6:30-8:00 p.m., Sterling Community Center, 120 Enterprise Street, Sterling (Spanish session available May 23.)

Loudoun County also continues its ongoing mental health education and substance abuse prevention programs, including Mental Health First Aid, REVIVE!, Question Persuade Refer, and Adverse Childhood Experiences.

To learn more about these workshops and to register, visit loudoun.gov/mhsadsprevention.

Events and Resources

The Prevention Alliance of Loudoun (PAL) is a community coalition that hosts events and activities to promote mental health and wellness and distributes educational materials and resources. The Loudoun County Department of Mental Health, Substance Abuse and Developmental Services leads PAL, a coalition of youth, Loudoun County agencies, faith-based organizations, other community stakeholders and parents dedicated to mental health awareness and substance misuse prevention efforts.

To learn more about PAL activities and resources, visit loudoun.gov/preventionalliance.

For More Information

For more information about mental health wellness programs offered by the Loudoun County Department of Mental Health, Substance Abuse and Developmental Services, visit loudoun.gov/mhsadsprevention.

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