



2024 Mental Health Expo

Information about local services and support programs

Tuesday, May 21

10 a.m. - 2 p.m.

Eastern AHEC

2600 W. Arlington Blvd., Greenville

Join us for the 12th Annual Mental Health Expo. This year's expo will feature more than 40 exhibitors from service organizations who will be available to answer questions and provide information about local mental health and substance abuse resources. This free event is for individuals, family members, caregivers and providers. The Expo is free, fun and informative for the whole family. Register to win door prizes for gifts.



For more event information or to become an exhibitor, contact Lori Dail at **252-847-0899**. Learn more about our services at [ECUHealth.org/BehavioralHealth](https://www.ecuhealth.org/BehavioralHealth).



Featured presentations

10:30 - 11:15 a.m.

"Balanced Being"

Duania Roberts, LRT, CTRS

ECU Health Medical Center, Behavioral Health

Learn how to maintain balance by incorporating daily stress reduction techniques

11:30 a.m. - 12:15 p.m.

"Looking Through the Lens of Trauma"

James Lally, RN, Certified Holistic RN

ECU Health Medical Center, Behavioral Health

A better understanding of the nervous system brings a better understanding of yourself

12:30 - 1:15 p.m.

"Turning the Tides of Addiction"

David Ryan, MD, FASAM, FACOG

Clinical Assistant Professor, Addiction Medicine Brody School of Medicine

Understanding addiction as a disease and the stigma surrounding life saving medications for treatment