

# Luzerne-Wyoming Counties Mental Health & Developmental Services 2022 Spring Webinar Series Wednesday Evening in May 2022

Featuring Speakers from:

**MINDING  
YOUR MiND**



**Date: 5/25/22**

**Time: 5:30 pm - 6:15 pm**

**Presenter: Andrew**

Andrew had it all entering his senior year at Muhlenberg College. He was a starting defensive back for the football team, named captain of the track and field team, and already had a full-time position upon graduation with a large accounting firm in Philadelphia. However, an injury in the first game of the season and increasing pressure to perform caused drastic changes for him. Andrew lost his identity and began deeply struggling. His issues started with insomnia with trouble concentrating in class and

on the field. This led him to spiral into a deep, lonely hole. He experienced suicidal ideations and reached a point where he desperately needed help. After a visit to the ER, he was diagnosed with major clinical depression and severe anxiety, which was extremely difficult for him to accept.

With a strong support group behind him, Andrew and his family began taking the needed steps toward recovery. He took medication for his depression and anxiety and began both psychotherapy and cognitive behavioral therapy. He turned to exercise and positive coping skills to work through his inner anger and pain. As his life started to gradually improve, Andrew shared his story in spring of 2014 with many of his teammates, classmates, and friends in the hopes that it would help someone else. The overwhelmingly positive feedback he received inspired him to continue talking about mental health. Andrew's goal in working with Minding Your Mind is to help reduce the stigma surrounding mental health issues, and help others who may be suffering to know that they are not alone and that it gets better.

**All sessions will be via Zoom Webinar or view live via Facebook Live @LWSOCI**

**Register Here for Zoom Invites:**

<https://www.luzernecounty.org/Activities/Activity/Detail/LuzerneWyoming-Counties-Mental-Health-De-751>

