

TALLAHASSEE MEMORIAL HEALTHCARE PRESENTS

CHILD & ADOLESCENT MENTAL HEALTH: TOOLS FOR PARENTS & GUARDIANS TO HELP KIDS COPE

January 28 | 4:30 – 5:30 pm
Virtual ZOOM Discussion

Register at TMH.ORG/MentalHealthChat

Tallahassee Memorial HealthCare (TMH) is proud to host a virtual discussion on child and adolescent mental health, a vital topic given recent increases in youth mental health crises and suicide attempts in our community.

Join licensed clinical social worker and local mental health leader, Heather Lincicome, LCSW, as she unpacks:

- How the COVID-19 pandemic is affecting kids' and teens' mental health
- Signs that a child may be struggling
- Tools for parents and guardians to help kids cope

About Heather:

Heather Lincicome, LCSW serves as Administrator for the Tallahassee Memorial Behavioral Health Center and Chief Liaison Officer for Apalachee Center. Heather is passionate about helping children and families address mental health struggles, develop positive coping skills and break down stigmas associated with mental illness.



Heather Lincicome, LCSW
Administrator, Tallahassee Memorial Behavioral Health Center & Chief Liaison Officer, Apalachee Center

