

In Observance of Mental Health Awareness Month



**Changing minds
about mental health**

One conversation at a time

When Your Job Makes You Sick: A Journey Into Mental Illness



Lisa Eley
Mental Illness Survivor,
Author, and Advocate

The Effects of Bullying

when I was admitted to the hospital

Psychiatric
Hospital

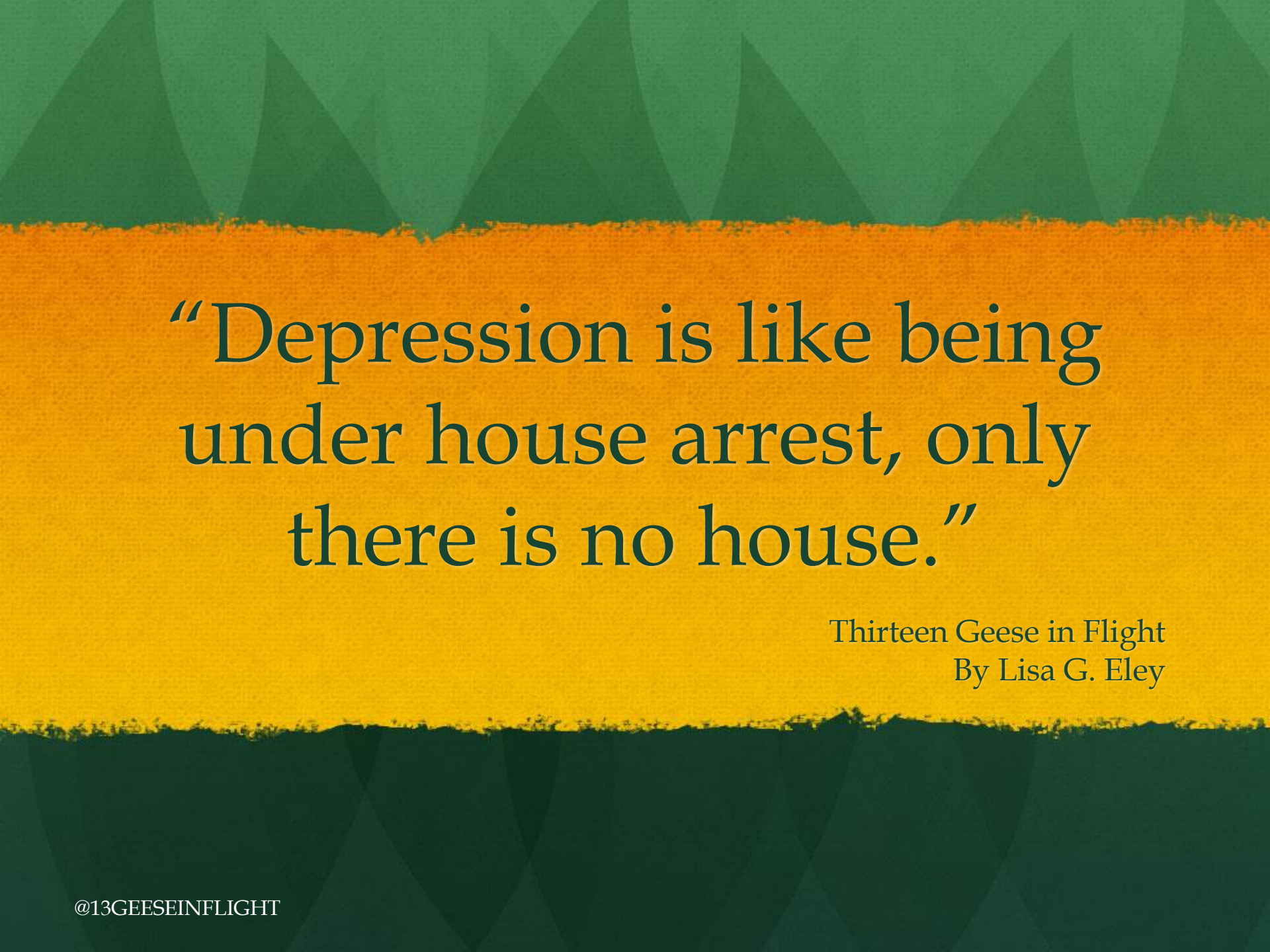
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State of Maryland

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Advocacy Goals

- Employers to recognize bullying as a work safety issue
- Workers' Compensation to treat psychiatrically wounded workers with dignity and respect
- Employers to host Mental Wellness Resource Days



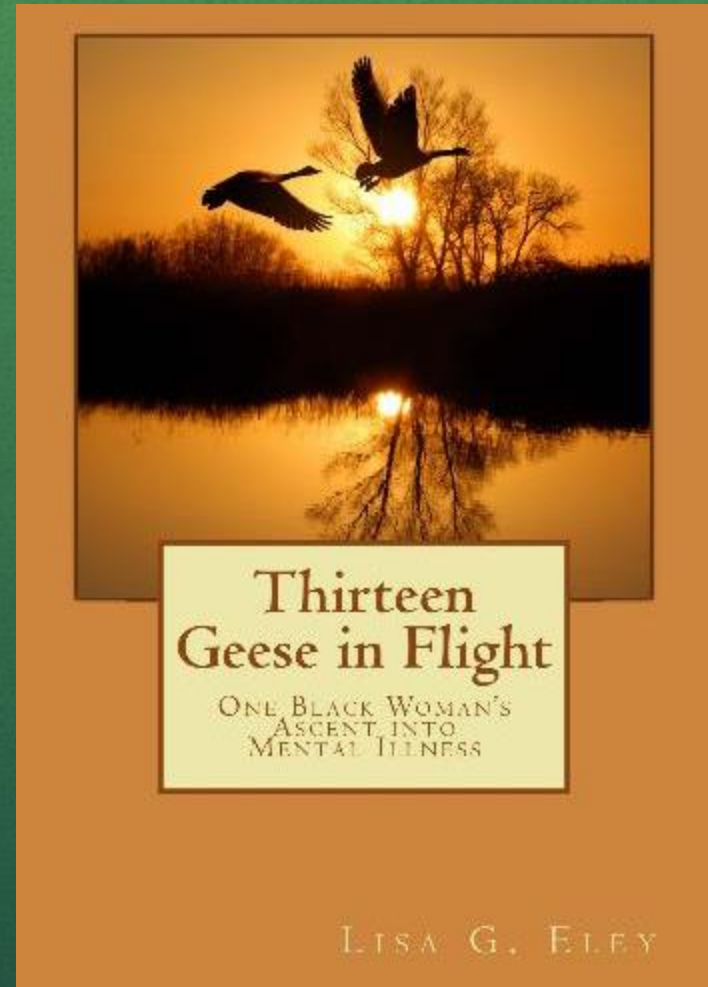
“Depression is like being
under house arrest, only
there is no house.”

Thirteen Geese in Flight
By Lisa G. Eley

Paperback

Kindle

Audiobook



Lisa Eley & Behavioral Health

Published on July 01, 2017

Lisa Eley didn't know she was depressed until one day she reached for a bottle of pills on her dresser. For more than a year prior to that moment, she had endured harassment and bullying behavior from a supervisor at work. The experience left her feeling hopeless and defeated.

"I knew something was wrong when I reached for the bottle of pills," says Lisa. "I drove myself to the emergency room immediately."



Lisa G. Eley



Thirteen Geese in Flight
One Black Woman's Ascent into Mental Illness

Debut Novel by Lisa G. Eley

Mental Wellness Initiative

Jan 23, 2018, at 4:06 PM

Ms. Eley,

We are all set for the May Proclamation for Mental Health Month. I've discussed the committee formation with my council colleagues and it will be the Health and Wellness Committee to encompass health and wellness initiatives and priorities city-wide.

Best,

Laurie-Anne Sayles, Gaithersburg City Council





Winning!

2017 Ivy Vine Charities, Inc. Community Service Award
Mental Health Awareness