



LGBTQ 101 and Mental Health Best Practices

Event Topic

[Suicide](#)

Date / Time

Wed, Aug 2, 2023

9:00 - 10:30am

Location

Virtual

POSTPONED

8/1/2023 | Please note that this webinar has been postponed. Check back for an update on when this event will be rescheduled.

Please direct questions to yli@idph.iowa.gov. We appreciate your understanding.

Description:

Supporting the mental health of all Iowans includes supporting the well-being of LGBTQ folks and their families. LGBTQ people represent one of the highest-risk populations for depression, anxiety, suicide, and substance use problems. Join Max Mowitz (they/he) to learn about the needs and experiences of LGBTQ people and best practices to support their mental health.

Objectives:

- Participants will be able to explain the meaning of the term LGBTQ+ and its associated identities.
- Participants will be able to describe different LGBTQ terms, including sexual orientation, gender identity, et cetera.
- Participants will be able to recommend best practices for working with LGBTQ people including pronouns, gender-neutral language, and the art of the apology.

- Participants will be able to discuss the factors that impact mental health and suicide within the LGBTQ community
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Questions? Contact Mimi Habhab at Mimi.Habhab@idph.iowa.gov

Registration Information

- CEUs approved by the Iowa Board of Certification | 1.5 hr Special Populations
- Participants must register and provide their name, and attend the entire session to be eligible.
- Upon completing registration, you will receive a confirmation email.

[Register](#)

Presenter(s)

Max Mowitz, CCHW

Max Mowitz is a Program Director at One Iowa, Iowa's statewide LGBTQ advocacy organization, overseeing organizational programming, direct service, and community education via LGBTQ training. Max has been active in LGBTQ advocacy work since coming out in high school, focusing on comprehensive LGBTQ education to the broader community as a component of queer liberation. Max is a certified Community Health Worker and specializes in topics related to the trans and nonbinary community, LGBTQ birth work, LGBTQ-inclusive healthcare, and mental health.

Image



Program Director, One Iowa

Attachments

[2023 Suicide Prevention Webinar Series Flyer.pdf](#)(2.49 MB)

[2023 Suicide Prevention Webinar Series.pdf](#)(236.57 KB)

For more information about this YLI Calendar Event, please email yli@hhs.iowa.gov