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Regina Public Library to host Mental Health Tradeshow

Regina Public Library (RPL) is offering the public an opportunity to connect with mental health services and resources this Saturday, May 6, at its first Mental Health Tradeshow.

“It’s a chance for us to raise awareness, engage in conversation, and help connect people with opportunities to learn about the many services available in our community,” Nancy MacKenzie, RPL’s Manager, Community Engagement and Programming, said.

The event will run from noon to 4:00pm, in the mezzanine at RPL’s Central Library, 2311 – 12th Avenue.

Organizations from Regina’s mental health sector will be in attendance to share information about local services and programs for people who struggle with mental illness, as well as resources for the families and friends of those living with mental health issues.

The program also includes three one-hour presentations by guest speakers, who will discuss how they’ve been affected by mental health disorders. The presentations will start on the hour, beginning at 1:00pm with a reading and Q & A session by Kay Parley, author of *Inside the Mental*.

RPL’s Mental Health Tradeshow is scheduled to coincide with Mental Health Week, May 1-7, 2017. The annual event encourages people from all walks of life to learn, talk, reflect and engage with others on all issues relating to mental health.

Details on tradeshow presenters and the full schedule of speakers are available online at reginalibrary.ca/attend/programs, or on the [Regina Public Library Facebook page](#).

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