



NEW YORK STATE SENATOR

Kevin S. Parker

## State Senator Kevin Parker Supports #THRIVENYC

KEVIN S. PARKER February 1, 2019

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(Brooklyn, NY) -In November of 2015, First Lady Chirlane McCray launched #ThriveNYC, an initiative that takes a hands on approach to addressing the mental health needs of New York City residents. One of the key components of the program are the training courses that work to inform and train New Yorkers about the various ways to help those around them that may knowingly or unknowingly suffer from mental health issues. Senator Kevin Parker and his District Office Staff took an 8 hour course, where through team building activities and a series of informative powerpoints they were able to learn various skills sets around how to

properly deal with mental health and become certified in Mental Health First Aid.

“It is important that my staff and I continuously work as a team to increase our knowledge and acquire new skills sets in order to better serve the constituents of the 21st Senate District. I applaud First Lady Chirlane McCray for launching this important initiative. My staff and I enjoyed the course, and will encourage other organizations within our network to also take the course in efforts to gain insight on how they can support those around them who may be suffering from mental health issues.”, concluded the Brooklyn lawmaker.

During the workshop Senator Parker and his staff received direct training on how to provide initial help to anyone experiencing mental health problems such as depression, anxiety disorders, psychosis, and substance abuse disorders. The course outlined how to not only identify these issues, but how to properly refer others to the professional support they need to receive long-term help.

Learn more about THRIVENYC:

<https://thrivenyc.cityofnewyork.us/>