



MEDIA ADVISORY

Fort Myers Beach Resiliency Round Up

WHAT: Join **20+** organizations as we close out Mental Health Awareness Month celebrating the resiliency of SWFL!

- Mental Health Resources
- Self-Care Tools
- Speakers & Hurricane Ian survivor stories
- Therapeutic Activities
- Free Mental Health Screenings
- On-site Resources & Referrals
- Resiliency Toolkits
- Pet Therapy
- Art Therapy
- Peer Support

As well as: "Coffee with a Clinician" Get to know SWFL's Private Practice Clinicians.

Building resiliency after the devastating impacts of Hurricane Ian includes boosting our self-care strategies and mental health supports. Join us at the Diamondhead Beach Resort to meet and greet SWFL's most influential mental health organizations and practitioners. Enjoy a morning of therapeutic activities such as art, yoga, pet and equine therapy to illuminate the many pathways of building a more resilient you.

WHEN: Wednesday, May 31, 2023
10a - 12p

WHERE: DiamondHead Beach Resort – Fort Myers Beach
2000 Estero Boulevard; Fort Myers Beach

WHO: EVERYONE

In collaboration with The Lee County Sheriff Community Outreach Centers, The DiamondHead Beach Resort Fort Myers Beach, United Way 211 and many leading mental health providers across SWFL, we look forward to hosting the first "Resiliency Round Up" in SWFL, an event focused on bridging the gap with various SWFL Mental Health Agencies and those impacted by Hurricane Ian. This will be an interactive opportunity for attendees to gain tools to foster resiliency and practice self-care as well as improve access to mental health services in Southwest Florida. Park Royal Hospital provides life-changing care to adults who need help coping with life's challenges. Park Royal offers a continuum of care including detox, inpatient, and outpatient programs. Our holistic inpatient services focus on each person's emotional, physical and medical needs. Inpatient treatment involves multi-disciplinary teams, including psychiatrists, social workers, therapists, primary care physicians, physical therapists and a 24-hour nursing staff. Our goal is to help a patient return to a full and productive life – as well as return home – as soon as possible. We admit 24 hours a day, seven days a week and accept most insurance, including Medicare and the managed plans of Medicaid. Any concerned people, including family members, friends and companions, as well as medical healthcare professionals can make referrals.

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