

# Mental Health Awareness Month

## Mental Health & Co-Occurring Intellectual and Developmental Disabilities (IDD): A Guide for Families to Access Services

Many children, teens, and adults with intellectual or developmental disabilities (IDD) also experience mental health conditions such as anxiety, depression, ADHD, trauma, or mood disorders. These co-occurring needs are common, real, and treatable, but they may look different in individuals with IDD. This presentation is designed to raise awareness and help families better understand what co-occurring mental health needs can look like. We'll discuss common co-occurring conditions, available resources, where families can begin seeking support, and how to better understand crisis services

**Session 1 – English Presentation**  
**Thursday, May 7, 2026,**  
**10:00 – 11:30 am**

**Mental Health & Co-Occurring Intellectual and Developmental Disabilities (IDD)**

Zoom Link: [MentalHealthAwareness1](#)

Webinar ID: 854 4129 6590

**Sesión 2 – Presentación en Español**  
**Jueves, 14 de Mayo, 2026**  
**10:00 – 11:30 am**

**Salud Mental y Discapacidades Intelectuales y del Desarrollo Concurrentes (IDD).**

Zoom Link: [MentalHealthAwareness2](#)

Webinar ID: 827 4017 5216

**Panel #1 – English Only**  
**Thursday, May 21, 2026**  
**10:00 – 11:30 am**

**Panel Discussion on Behavioral Health and IDD**

Zoom Link: [MentalHealthAwareness3](#)

Webinar ID: 881 8159 9369

**Panel #2 – Solo en Español**  
**Jueves, 28 de Mayo, 2026**  
**10:00 – 11:30 am**

**Panel de discusión sobre salud conductual y discapacidades intelectuales y del desarrollo**

Zoom Link: [MentalHealthAwareness4](#)

Webinar ID: 897 5526 6910

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