



# Disability Rights Iowa

LEGAL PROTECTION AND ADVOCACY

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## **Disability Rights Iowa's First Annual National Mental Health Awareness Event with Keynote Speaker Dior Vargas**

*This event will take place from 6:30-8 pm on May 10<sup>th</sup> in Des Moines, with satellite locations across Iowa, and a Livestream online.*

DES MOINES, SIOUX CITY, MASON CITY, DUBUQUE, FAIRFIELD, DAVENPORT, and COUNCIL BLUFFS, Iowa. — Eighteen Co-Sponsors representing State-wide Disability Rights, Latinx, LGBTQ, and mental health organizations are partnering with Disability Rights Iowa to host an in-person presentation in Des Moines from Dior Vargas. In person satellite viewings of Dior's Keynote take place in Sioux City, Mason City, Dubuque, Fairfield, Davenport, and Council Bluffs. Dior Vargas is a queer Latina feminist mental health advocate from New York who has been repeatedly recognized as one of the most prominent Latinx mental health advocates in the country. She will share her story of growing up at the intersection of being a queer Latina feminist while experiencing mental health symptoms for the first time without community or family support. To register to attend any viewing location, follow our event updates, access a full list of co-sponsors, or watch the Livestream from home - please visit the event website: <https://www.driowa.org/events/mental-health>

Disability Rights Iowa's Executive Director Catherine Johnson, states "DRI is excited to host this event in conjunction with our amazing 18 Co-Sponsors. We hope this Celebration begins a conversation in Iowa on how we break down barriers, remove stigma, and build community." Dior Vargas comments "Spreading awareness about mental health within my community is my passion and why this event is important for me to participate in."

Individuals with disabilities are encouraged to attend all events hosted by Disability Rights Iowa. Communication Across Real Time Translation (**CART**) in **English** and **Spanish**, and **American Sign Language** will be provided for this event. Additionally, English-Spanish Spoken Language Translation will be provided. If you require an accommodation to participate in this event, please email or call [contact@driowa.org](mailto:contact@driowa.org) or 515-452-0757 prior to May 2nd at 5pm.

If you or a loved one are experiencing a life-threatening mental health crisis please call 911. If you or a loved one are experiencing a non-life-threatening mental health crisis please reach out to the Suicide Prevention Hotline at 1-800-273-8255, prestamos Servicios en Español 1-888-628-9454, for deaf, hard of hearing, or hearing loss dial 711 followed by 1-800-273-8255.

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### **About Disability Rights Iowa**

*Disability Rights Iowa is a non-profit corporation that is a part of an extensive network of protection & advocacy agencies across the U.S. Since DRI's establishment in 1984, it has been our mission to protect and advocate for the rights of Iowans with disabilities and mental illness.*

Learn more: [www.driowa.org](http://www.driowa.org) | Donate to Disability Rights Iowa at: [DonorPerfect](https://www.donorperfect.com/campaign/107788)  
Connect with us on Social Media at: [Twitter](https://twitter.com/driowa) | [Facebook](https://www.facebook.com/driowa) | [LinkedIn](https://www.linkedin.com/company/driowa) | [YouTube](https://www.youtube.com/channel/UC8jKjKjKjKjKjKjKjKjKjKj)