

MENTAL HEALTH 101 LUNCHEON

Enjoy your lunch while learning about mental health and the role of faith communities!

Date: Thursday, May 18
Time: 11:30am - 1pm

DID YOU KNOW?

50% of mental illness begins at **age 14**

The average person waits **8-10 years** for treatment

People with mental illnesses die on average **25 years earlier**

Join us to learn...

- Various mental illnesses and the mental health continuum.
- How to support someone with a mental illness using proven techniques and methods.
- How to avoid harmful behaviors such as toxic positivity and spiritual bypassing.

Please RSVP by the Monday before!

Zoom Information will be sent following registration.



CLICK HERE TO REGISTER
bit.ly/nami101

