



NAMI-SCC
FaithNet

Creating Mental Health Friendly, Stigma-Free
Congregations in Santa Clara County

MENTAL HEALTH 101 LUNCHEON

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

Time: 11:30am - 1pm

Upcoming Dates for 2024:

- **Thurs February 15**
- **Thurs May 16**
- **Thurs August 15**
- **Thurs November 21**

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

