

MENTAL HEALTH 101 PRESENTATIONS

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

Time: 11:30am - 1pm

Upcoming Dates for 2024:



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!

The ZOOM link will be sent out on Tuesday prior to the presentation



CLICK HERE TO REGISTER

bit.ly/nami101

