

MENTAL HEALTH 101 VIRTUAL PRESENTATIONS

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

Time: 11:30am - 1pm

Upcoming Dates for 2025:

- Thursday February 20
- Thursday August 21
- Thursday November 20



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.



NAMI-SCC
FaithNet

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

DID YOU KNOW?

50% of all lifetime mental illness begins by age 14, and 75% by age 24.

The average person waits 8-10 years for treatment.

Nearly one-quarter of adults who experienced a mental disorder reported seeking help and counsel from clergy.

Click here to learn more
about NAMI-SCC FaithNet:



<https://namisantaclara.org/classes/faith-net-2-2/>



CLICK HERE TO REGISTER

bit.ly/mh101virtual

