

# MENTAL HEALTH 101



**PRESENTED BY:**



**JOIN US TO LEARN MORE ABOUT...**

- Facts about different mental health conditions and symptoms
- Important terms to know when talking about mental health
- Impact of stigma and how to change the narrative
- Common signs of worsening mental health or suicide risk
- How to talk about mental health and de-escalate a crisis
- Treatment options and resources available in your community

## WHEN

**May 20th  
10 AM - 11 AM**

## WHERE

**Bon Air Christian Church  
Multi-Purpose Room  
2071 Buford Road**

## RSVP

