

# BEYOND <sup>THE</sup> Stigma

## MINDING YOUR MIND & NAMI PRESENT JUST TALK ABOUT IT

Educating youth and supporting adults to recognize the warning signs of anxiety, depression, stress, and crisis that impact 1 in 5 teens.

Listen to personal stories of struggles with mental health, and learn positive coping skills and how to support those who are struggling...and together move beyond the stigma.

### WHEN

Sunday, May 6th  
6:00-8:30 PM

### WHERE

Wayne Presbyterian Church  
125 E. Lancaster Ave.  
open to the public

### RSVP

[www.waynepres.org](http://www.waynepres.org) or  
[WPCmentalhealth@gmail.com](mailto:WPCmentalhealth@gmail.com)



**NAMI** PA, Main Line  
National Alliance on Mental Illness