



MINDING YOUR **Mi**ND

Enlightening Attitudes Toward Mental Health Issues

February 14, 2019
6:00—7:30 pm

Oxford Area High School Auditorium

- 6:00pm-6:30pm** Talk to local resources for behavioral health services
- 6:30pm-7:30 pm** Presentation and Q & A with Speaker Deanna and Mollye Readinger Scott, MA.

Attendees will learn about:

- Stigma regarding mental health
- The most common causes and effects of stress & anxiety
- Negative & positive coping skills
- The symptoms of depression
- What is considered a crisis

This evening is free and open to the public

This interactive presentation is an introduction to mental health, designed to train both adults and youth on how to recognize the warning signs of stress, anxiety, depression, and crisis.

Just Talk About It will educate adolescents and the adults who support them to look beyond stigma and notice warning signs in themselves and their peers.

<https://mindingyourmind.org/what-we-do/mental-health-education-program/just-talk-about-it/>