



LET'S TALK: REAL CONVERSATIONS ABOUT SUPPORTING YOUTH MENTAL HEALTH

Customized, 30-60 minute presentations for K-12 and higher education staff and parent groups, offered at no cost to schools and communities

Topics may include:

- The Impact of Stigma
- Myths & Facts of Mental Illness
- Warning Signs of an emerging mental health condition
- Suicide Risk Factors, Warning Signs & How to Help
- Free resources, support, education programs, and services for individuals and families



1 in 5 young people experience a mental health condition each year, yet more than half will not receive treatment. The primary reason people don't seek help: **stigma**.

With mental health awareness, accurate information, and appropriate support, we can better the lives of children, teens, and young adults.



Contact us to bring this customized presentation to your school staff, parent meeting, or community group.

namidelaware.org
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