Join us for an important community conversation...

Mental Health & Wellness 101 presents an opportunity for all participants to reframe the term "mental illness" to an understanding that we ALL have mental health; it is not just the presence or absence of an illness. Our discussion will include:

- An understanding of mental health as an integral part of overall healthy and a continuum of wellness.
- A brief overview of prevalence of youth mental health problems.
- The effects of mental illness on learning and student behaviors.
- Signs & symptoms, and risk and protective factors.
- The promotion of coping strategies, help seeking behaviors and the concept of recovery.

NAMI Queens/Nassau is a grassroots not-for-profit 501(c)(3) organization, committed to building better lives for those affected by mental illness through support, education and advocacy.

1981 Marcus Avenue, Suite C117, Lake Success, NY 11042
516-326-0797 or 718-347-7284 | office@namiqn.org | www.namiqn.org