



The quiet, well behaved young lady who suddenly **starts acting erratically** in classes and is considered a trouble maker by her teachers.

The excellent student who **suddenly starts cutting classes** each time he has a test or a paper to hand in.

The college freshman who was valedictorian in her high school but spends most of her time now in **her dorm room sleeping**.

The teen aged brother who tells his older sibling that the family and others **wouldn't miss him if he were to die**.

NAMI Monthly Meeting Mental Health & Wellness 101 with Guest Speaker Rachel Priest, Community Health Educator Mental Health Associate of Nassau County

February 19, 2020 • 7PM
Sloman Auditorium, Zucker Hillside Hospital
75-59 263rd Street Glen Oaks, NY 11004

Mental Health Association
of Nassau County, Inc.



Our Help Knows No Season

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.

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