

## JUST TALK ABOUT Breaking the Silence through Education

Join us for a presentation given by [Minding Your Mind](#), a nonprofit organization dedicated to providing mental health education in order to reduce the stigma and destructive behaviors often associated with mental health issues.



**When:** 6 p.m., Wednesday, September 26<sup>th</sup>

**Where:** Shrewsbury Borough School

**Who:** Parents of SBS middle schoolers, teachers, and community members

**Why:** Look beyond stigma of mental illness to notice warning signs and cultivate positive coping skills.

### **Topics to be discussed:**

- the most common causes and effects of stress and anxiety
- negative and positive coping skills
- the symptoms of depression
- what is considered a crisis
- the warning signs most often associated with self-harm and suicide
- how to help someone who is experiencing a mental health issue or crisis

SBS middle-school students (5th-8th grade) will be receiving a similar presentation tailored for them during Red Ribbon Week of Respect.

To help us plan for and accommodate guests, please RSVP to [shrewsburyalliance@gmail.com](mailto:shrewsburyalliance@gmail.com) if you plan to attend.

This event is sponsored by the Shrewsbury Community Alliance. For more information or questions, please contact [shrewsburyalliance@gmail.com](mailto:shrewsburyalliance@gmail.com).