

Hardyston SEPAG Welcomes



Tuesday, April 16th - 7pm

Hardyston Middle School - 183 Wheatsworth Rd - Hamburg NJ

NAMI Ending the Silence for Families is an engaging honest look into youth mental health including but not limited to, depression, anxiety, OCD, ADHD and mood regulatory disorders. This adult only presentation for parents, caregivers and professionals will focus on:

- Warning signs
- Tips for maintaining mental health
- Tips to start discussions with children
- Collaborating with school staff
- How and when to seek professional help

NAMI Ending the Silence includes two leaders: one who will provide an informative presentation and a young adult with a mental health condition who shares their journey of recovery. Audience members will be able to ask questions and in turn will gain understanding of the often misunderstood topic of mental health in youth. Through dialogue, we can help grow the movement in ending the stigma, which too often prevents young people and their families from seeking help.

This program is provided by



Questions/Concerns? NAMI Sussex - Jeri Doherty or Ria Smith - 972-214-0632
Hardyston SEPAG - www.facebook.com/HardystonSEPAG