

MENTAL HEALTH 101

For Parents

MARCH 9

5:30–6:15 PM

OR 7:00–7:45 PM

TO REGISTER @ 5:30

CLICK HERE

TO REGISTER @ 7:00

CLICK HERE

Learn how to recognize when your child is struggling with mental health issues such as Depression, Anxiety, Self-Harm, or Suicidal Ideation AND what you can do about it.

The presentation will be recorded if you are unable to attend!

FOR MORE INFO CONTACT:

MH101@MHAET.COM

901-871-5867

Sponsored by Mental Health Association of East Tennessee and Hardin Valley Middle

