



## **Mental Health Education Series**

**Location: Northlake Church of Christ**

**1625 Cooledge Rd, Tucker, GA 30084**

**Sundays 6:00 pm – 7:00 pm**

### **August 13<sup>th</sup> Mental Illness 101**

This presentation covers what mental illness is, facts, warning signs, suicide prevention, diagnoses, symptoms, economic cost, stigma and more.

### **August 20<sup>th</sup> How to support those living with a mental health condition in your congregation.**

This presentation educates congregations about mental illness so that they can create stronger safety nets and welcoming communities of faith for people living with mental illness.

### **August 27<sup>th</sup> In Our Own Voice**

IOOV is a presentation by two persons with mental illness. The topics covered in the presentation include Dark Days, Acceptance of the Diagnosis, Treatment Strategies, Coping Skills and Successes, Hopes and Dreams. The discussion also includes information about NAMI's FREE services and programs. There is ample time for questions and answers.

**The National Alliance on Mental Illness is a grassroots non-profit organization dedicated to  
Improving the lives of individuals and families  
affected by mental illness.**

For More Information Contact Us at [www.namidekalb.com](http://www.namidekalb.com)  
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