



# Mental Health and Wellness 101

*Join us for a community conversation...*

May 15, 2019 at 6:30PM-8:00PM  
Ballston Spa High School Auditorium

Mental Health and Wellness 101 presents an opportunity to reframe the conversation about mental health 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 health 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 and symptoms, and risk and protective factors.
- The promotion of coping strategies, help-seeking behaviors and the concept of recovery.

*Presented by staff from the Mental Health Association in New York State, Inc.*

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To learn more about mental health education, visit the School Mental Health Resource and Training Center at [www.mentalhealthEDnys.org](http://www.mentalhealthEDnys.org) or call **518.434.0439**

