

MENTAL HEALTH 101

Do you Know? About one in five (20%) adults suffer from a diagnosable mental illness in a given year. (www.defeatsuicide.com)

Join us on Sunday, March 5th

2-3:30 p.m.

at *Peace Community United Church of Christ*
4061 Columbus-Sandusky Rd. S. (SR 98)

Presentation by NAMI of Marion & Crawford Counties
(NAMI is the National Alliance on Mental Illness)



- Come to a safe space to talk about a topic that is often avoided.
- Learn some general information about mental health.
- Hear about resources and support groups for those dealing with mental health issues and help specifically for loved ones.

Reservations are not required but are helpful so we can be prepared.
Please call 740-2808 or e-mail: pcuccsecretary@gmail.com