

**TEENS**

# SUPPORT WITHOUT STIGMA

*Learn to talk to your peers about Mental Health*

## What is Mental Health?

- ◆ Identify when you or peers are struggling
- ◆ Effective communication with peers
- ◆ When to involve a trusted adult

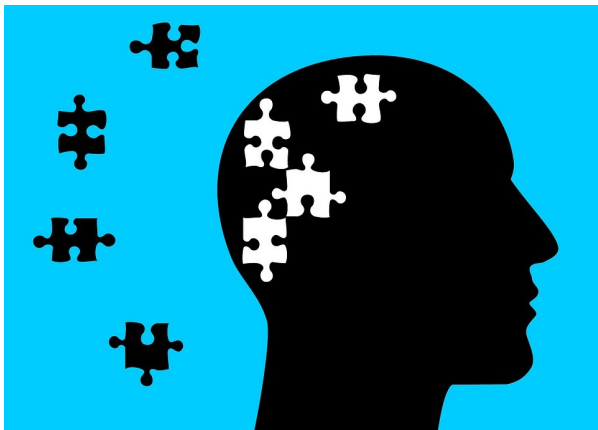
**Wed., September 30 ~ 7:00 pm**

*This will be presented virtually via Zoom.*

*Please click [here](#) to register. Use a valid email address to receive the Zoom Meeting information about an hour prior to the start of the program.*

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# SUPPORT WITHOUT STIGMA

**Wed., September 30**

**7:00pm**

**A virtual program regarding talking about  
mental health with your peers.**

**What is mental health?**

**Identify when you and your peers are  
suffering**

**When should you involve a trusted adult?**

**Register at [bernardslibrary.org](http://bernardslibrary.org)**

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