

A Community
Program

an
SC Johnson
Community Program
in association with
Racine Collaborative for
Children's Mental Health
and NAMI
Racine County



#sayitoutloud

OK2TALK-ORG

Say It Out Loud

Thursday,
May 10, 2018

6:00 p.m. - 7:30 p.m.

Doors open at 5:30 p.m.

One in five teens lives with a mental health condition and yet more than half are not getting the help they need. Stigma remains a huge barrier to teens seeking help. Many cite fear of negative perceptions as a major factor in choosing not to speak up.

Raising awareness by sharing information and starting conversations about mental health is key in reducing these perceptions and increasing the likelihood that teens will seek mental health care when they need it. NAMI - the National Alliance on Mental Illness - is committed to helping start those conversations.

Say it Out Loud was created to get teens talking about mental health symptoms and how they can help support each other in their journey of recovery.

Program Agenda

This interactive program begins with a short film highlighting the 10 common warning signs and showing three youth who share their experiences with mental health issues. After the film, **Marina Pappas**, executive director of NAMI Racine County, will facilitate an interactive panel discussion of parents and youth on their personal journey to start the conversation about mental health.

This program is for ages 13 and above.



LOCATION

SC JOHNSON GOLDEN RONDELLE THEATER
1525 Howe Street, Racine, WI 53403
At the intersection of 14th Street and Franklin Street
(262) 260-2154

RSVP for this Community Program at:
www.scjohnson.com/CIPreservations

