Bringing Mental Illness into the Light

A community initiative to mitigate the stigma, shame, and silence that often surrounds mental illness.

**Learn:** Attend our community programming events to learn more about the science of mental health and hear from individuals who will courageously share their experience with mental illness. Invite friends and neighbors to join you.

**Witness:** Share your story. Stigma is lifted through speaking openly about personal difficulty, dismantling fear and breaking through the façade of perfectionism that stifles honest conversations about mental health.

**Equip & Serve:** Complete one of the Mental Health First Aid Trainings, led by Aspire Health Alliance clinicians. Mental Health First Aid is a public education program designed to improve participants’ knowledge and consider their attitudes and perceptions about mental health. Learn to recognize signs of various mental disorders. The program also focuses on a 5-step process of responding to individuals experiencing an acute mental health crisis, for example: suicidal thoughts, self-injury, acute stress reaction, panic attacks, or psychotic behavior.

#### Spring 2020 Series

**Let’s Talk: Learning About & Living with Anxiety**

Keynote Speaker Dr. Samantha O’Connell, PH.D.
Chief Psychologist of Aspire Health Alliance

Wednesday, March 11th | 6:30 – 8:00 p.m.
Hanover High School Auditorium | 237 Cedar St, Hanover

**Let’s Talk: Learning About & Living with Depression**

Keynote Speaker Dr. Philip Quinn, Sc.D.
Psychologist and Clinical Specialist

Wednesday, April 29th | 6:30 – 8:00 p.m.
Hanover High School Auditorium | 237 Cedar St, Hanover

#### Mental Health (MHFA) First Aid Training Dates

**Adult MHFA Training**

Wednesdays, March 25th, April 1st & 15th | 6:00 – 8:30 p.m

or

Saturday, March 28th | 9:00 a.m. – 5:00 p.m

**Youth MHFA Training**

Wednesdays, May 13th, 20th & 27th | 6:00 – 8:30 p.m

Learn to support youth with mental health or substance abuse disorders.

Trainings will be held at United Church of Christ, 460 Main Street, Norwell, MA 02061.

MHFA is an adult educational program, free and open to the public.

Must register in advance to attend. Limited enrollment.

Register online at: [www.bit.ly/LiftingtheStigma_MHFA](http://www.bit.ly/LiftingtheStigma_MHFA)