

# Mental Health Presentation by NAMI Sponsored by Woodbridge High PTSA and Lakeside Middle School PTA

Mon. Mar. 19, 2018

6:30pm at WHS Theater

2 Meadowbrook, Irvine, CA 92604

Presentation open to all parents and students

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This program helps to better understand the signs and symptoms of emotional and behavioral difficulties that may be early warning signs of mental health issues in children and adolescents. It presents the perspective of mental health issues from a youth's point of view and discusses how to best address mental health related concerns.

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## Presentation includes the following topics:

- **Welcome and Introductions** – an educational professional will introduce various mental health topics, including a personal narrative of experiences by the family.
- **Early Warning Signs** – a facilitator will walk through the early warning signs of mental health issues.
- **Family Response** – the predictable stages of emotional reactions among family members dealing with the challenges of mental health issues and the experience of raising a child with a mental health related concerns.
- **Real life story** –through the sharing of a personal story, including a discussion about the positive and negative impact that their school experiences had on their life.

