



Do you know young people who may be **struggling** with stress, depression, anxiety or other mental health challenges?

Want to know how **you** can help?

A **FREE** informational session to help you help them!

## Spotlight on Youth Mental Health

Many children and teens that experience mental health or substance abuse challenges never get the help they need. This session is intended for the following groups. It will help gain the information, skills, and resources to support the young people (12-18+ years) in your community.

- Parents
- Teachers
- Healthcare workers
- Employers
- Mentors
- Youth leaders
- Neighbors
- Family members
- Clergy
- Coaches

Thursday, May 12, 2016

Monticello High School  
Auditorium

6:30pm—8:30pm

Sponsored by:



**CENTRACARE** Health  
Monticello



Central MN Mental  
Health Center