

# ENDING THE SILENCE

Join us to learn about mental health conditions with




## WHAT WILL I LEARN?

- SYMPTOMS AND WARNING SIGNS OF MENTAL HEALTH CONDITIONS AND SUICIDE
- HOW TALKING TO A TRUSTED ADULT CAN HELP STUDENTS, THEIR FRIENDS, AND THEIR FAMILY MEMBERS WHO MAY NEED SUPPORT
- HELP IS OUT THERE, AND SUPPORT AND TREATMENT IS AVAILABLE

 Freedom HS MPR

 March 11

 During lunch  
11:38-12:08

It's okay to ask for help

