

Mental Health 101



Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental Health is important at every stage of life, from childhood and adolescence through adulthood.

This free workshop will address the following:

- ❖ *The difference between mental health & mental illness*
 - ❖ *Common red flags to be aware of*
 - ❖ *Ways to improve your mental health*
 - ❖ *Ways to talk about mental health*

This workshop will be available beginning July 1, 2020 on the Nexus Youth & Family Services YouTube Channel.

Wellness workshop YouTube link:

Mental Health 101

The workshop is available in English and Spanish.

Workshop provided by Brenna Kantner, LMFT



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Act

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