



HENRY COUNTY
Let's Talk

Let's work together to support our youth and community

About the Event

LET'S TALK about how youth are escaping using risky behaviors to self-medicate or escape: like excessive screentime, gaming, eating, vaping, drinking, and substance misuse.

What can we do as a community?

We all have a role to play in supporting mental health, especially for our youth.

Join us and **LET'S TALK** about:

- **Breaking the stigma** with a common language around mental health
- **Positive behaviors** to deal with mental health issues
- Becoming a **support system** for youth and adults
- **Local resources** available for mental health

Coping with life's ups and downs and feelings is hard

4 Opportunities

- 📅 Thursday, October 26th 6:00pm
Patrick Henry High School
- 📅 Thursday, November 2nd 6:00pm
Holgate High School
- 📅 Tuesday, November 14th 6:00pm
Liberty Center High School
- 📅 Tuesday, December 5th 6:00pm
Napoleon High School

Register Here

henrycohd.org/letstalk



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