



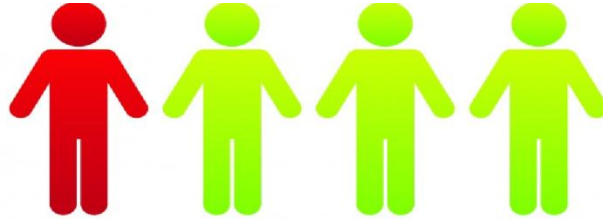
nami

National Alliance on Mental Illness

Prince
William



MENTAL HEALTH SPEAKER PANEL



When: Sunday, January 6, 4:00 pm-5:30 pm

**Where: 13509 Jefferson Davis Highway
Woodbridge, VA 22191**

NAMI Prince William (the National Alliance on Mental Illness) of Prince William and HOLA (Hispanic Organization for Leadership and Action) are collaborating on a Latino Mental Health Awareness and Outreach program. The program seeks to raise awareness of and reduce stigma about mental health conditions and increase help-seeking behavior in the Latino community of Greater Prince William. It will provide free NAMI educational and support programs in Spanish to families of those coping with mental illnesses.

One out of every four individuals is affected by a mental health challenge. If you, or someone you care for has depression, anxiety, bipolar disorder you will want to come hear the first-hand accounts from three young adults about living with mental health conditions.

These peer panelists will share their stories of struggling with a mental health condition, how they overcame the obstacles and where they are now with their successful recovery. Afterwards there will be a period for questions from the audience.

There will be free refreshments, and the whole family is invited.

If you are interested in attending or need more information,
please call Liz at NAMI Prince William at 703-659-9983

