



It's time to talk about mental health! Research shows that 1 in 5 teens experience a mental health issue, with depression and anxiety being the most common diagnosis. Left untreated, these conditions can worsen and impact all aspects of a teen's life. More than 40% of teens are not receiving the care and treatment they need—often because they are too embarrassed to talk about mental health or don't know how to ask for help.

This 1 hour presentation equips **parents and caregivers** with simple tools for proactively addressing this important health issue with the goal of encouraging positive conversations that help teens feel more comfortable seeking help for themselves or their friends.

Parent Presentation: NAMI Let's Talk-  
Starting the Mental Health Conversation with your Teen

**Monday, April 29, 2019**  
**6 – 7 p.m.**  
**Anderson High School (Anderson HS Theater)**  
**8403 Mesa Dr, Austin, TX 78759**

Presentations by: NAMI Austin | (512) 420-9810 | [namiaustin.org](http://namiaustin.org) | [info@namiaustin.org](mailto:info@namiaustin.org)  
Questions? Contact Helen Evans, LCSW, LMHP : [helen.evans@austinisd.org](mailto:helen.evans@austinisd.org)