



National Alliance on Mental Illness

nami

Westchester

Shining the Light on Mental Health

Thursday, September 24th

10 - 11am

virtually via Zoom

Please join us for a *virtual* presentation by the *National Alliance on Mental Illness (NAMI) Westchester* on mental health warning signs and suicide prevention through the personal stories of a family member and individuals living in recovery from mental illness.

- Foster awareness and dialogue about mental health
- Learn about NAMI Westchester resources
- Q&A following presentation



Learn more and register online at greenburghlibrary.org or by calling the library at 914-721-8225.



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