## Ending the Silence for Teens





This event is supported by the National Library of Medicine (NLM), National Institutes of Health (NIH) under cooperative agreement number UG4LM012342 with the University of Pittsburgh, Health Sciences Library System. The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health.

## Monday, April 19, 7 PM

NAMI will show teens and their families how to recognize signs of mental illness, learn how to seek help, and how to help someone. Q&A follows the presentation.

> Part of the Building a Resilient Westchester Series



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