

MASD STUDENT ASSISTANCE TEAM
WILDCAT WELLNESS

Just Talk About It!



Just Talk About It is an introduction to mental health, which is designed to inform both adults and youth on how to recognize the warning signs of stress, anxiety, depression, and crisis.

Just Talk About It will educate adolescents and the adults who support them to look beyond stigma and notice warning signs in themselves and their peers.

WHO: Caregivers and their teens
(Open to the community)

WHEN: Thursday, November 7th
7:00-8:00pm

WHERE: Mechanicsburg High School
500 South Broad Street
Mechanicsburg, PA 17055

Brought to you through a partnership between
Mechanicsburg Area School District and Minding Your Mind



@MASDWildcatWellness



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