



YOUR MENTAL HEALTH MATTERS

Join the National Alliance on Mental Illness (NAMI) to take a deeper look at mental illness, trauma, stress, treatment and self-care.

Perry Sippo Branch | 6–7:30pm

Sep 26 Mental Health 101

Oct 24 Symptoms and Treatment of Mental Illness

Nov 21 Communicating with Loved Ones About
Mental Illness

Reserve your free seats at StarkLibrary.org/MentalHealth