

Supporting Your Friend's Mental Health

Downers Grove Public Library

Monday, February 19

5 - 6 p.m.

Learn how to sensitively guide and support friends during a mental health challenge. Grades 7-12

This PowerPoint presentation by NAMI addresses how to recognize the signs your friend is struggling with their mental health and what changes you may notice in them. It will also discuss healthy vs. unhealthy coping mechanisms, how to talk to a friend you think might be in crisis, the warning signs of suicidal ideation, and how to broach tough topics with friends.

Register online at dglibrary.org/events



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