

Starting the Conversation: College & Your Mental Health

A Panel Discussion for Students & Parents

OPEN TO THE PUBLIC

March 4, 2019

7:00 - 8:30

Winchester High School
80 Skillings Rd.
Winchester, MA

Sponsored by:

- **NAMI Central Middlesex**
- **Winchester High School**
- **Winchester's Coalition for a Safer Community**

Mental health issues have become more prevalent in college settings.

What are some mental health-friendly signs to look for when applying to college?

What kind of mental health support is available on college campuses?

How do you access help if you or a friend need it?

Panel Members:

Wyatt Maurer - Student and Peer Mentor Intern, BU Center for Psychiatric Rehabilitation

Katell Guellec - LICSW Director, Hamel Health and Counseling, Merrimack College

Patricia Bruno - MSW Associate Dean of Student Support Services, Middlesex Community College

Stacey G. Harris - J.D. Associate Director of Disability and Access Services, Boston University

For more information call: 978 692-2908 www.namicentralmiddlesex.org

**“Starting the Conversation: College and Your Mental Health”
Panel Presentation, March 4**

Attending college is a time of significant transition and can be both positive and challenging. For some, the stress of college may impact mental health, making it difficult to manage the daily demands of school. Others begin college already aware that they or close relatives live with mental health challenges. As many as 1 in 5 students experiences a mental health condition while in college.

On Monday March 4, 7:00 – 8:30 PM, at the Winchester High School Library, 80 Skillings Road, the National Alliance on Mental Illness (NAMI) of Central Middlesex will offer a panel presentation entitled “Starting the Conversation: College and Your Mental Health”. The presentation will be directed to both students and their parents. The emphasis will be on encouraging families to be proactive and to start the conversations about mental health and handling potential difficulties before students leave home. It is prudent to understand privacy laws and what can be shared. These conversations are important even if a student doesn’t experience a mental health condition. They may see a friend in distress and they may be better equipped to assist.

The event is free and open to high school and college age families in Middlesex County and surrounding areas. It is co-sponsored by NAMI of Central Middlesex, the Winchester Coalition for a Safer Community and Winchester High School. More information can be found at namicentralmiddlesex.org or speak with Jennie at 978-692-2908.