



MENTAL HEALTH 101: A WORKSHOP FOR TEENS

MAY 17 @ 1:30 (HIGH SCHOOL)

MAY 18 @ 2:00 (MIDDLE SCHOOL)

Join us for a **free, interactive, virtual** workshop:

Approximately ¼ -½ of teens struggle with their mental health. Despite this, mental health is often ignored or stigmatized. Mental health is as important as physical health!

For that reason, Ramsey Municipal Alliance and the Lindsey Meyer Teen Institute are bringing you this engaging & informative workshop.

Teens who attend will:

1. **explore mental health & why it is important,**
2. **learn about healthy coping strategies & self-care,**
3. **understand what to say & do to support friends, and**
4. **learn where they can go & who to talk to for support.**



CALLING ALL TEENS!

JOIN US FOR A FREE,
INTERACTIVE,
VIRTUAL,
WORKSHOP

YOUR MENTAL
HEALTH IS
IMPORTANT!

LEARN MORE ABOUT
HOW TO SUPPORT
YOURSELF AND
YOUR FRIENDS

LIMITED SEATS,
SO SIGN UP TODAY!

REGISTER HERE:

High School (5/17 @ 1:30):
<https://forms.gle/qu3SKxGjtFNZB3GWA>

Middle School (5/18 @ 2:00):
<https://forms.gle/jixJcxVexewpftqT8>

Please register by May 15

Questions? Contact
ramseymunicipalalliance@gmail.com