

Date: 09/22/19

Time: 2:00-4:00pm



MENTAL HEALTH

HOPE ♦ FAITH ♦ LOVE

- **Recognizing stress & depression**
- **Responding to mental health needs**
- **Preventing crisis and suicides**
- **Action plans for health & wellness**

Do you or a loved one struggle with mental health challenges? Do you know how to minimize and prevent crisis in your congregation?

St. John's Midway United Church of Christ
7456 Lake Street, Moro, IL 62067