



Did you know that mental illness affects one in four adults and touches us all? Did you know that 25% of youth in Sandusky County reported feeling hopeless and depressed for two weeks or more and stopped doing their usual activities?

Melanie White, area Executive Director from NAMI, will have a presentation on brain disorders and mental illnesses and how they affect a person's thinking, feeling, moods, daily functioning and family life. There will also be a chance to sign up for support groups if a person or family is looking for further help and suggestions.

**Tuesday, January 26th, 2016
6:30pm
Grace Lutheran Church
Lounge**

"Together we can make a difference, one step at a time."

Please contact Stacey Reau in the church office if you have questions or would like contact info for NAMI.