



Ridgewood Public Schools Community Outreach Program

Co-sponsored by The Valley Hospital, with support from the Ridgewood Education Foundation and the Home and School Association

OFFICE OF CURRICULUM,
INSTRUCTION & ASSESSMENT
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Wellbeing

“Just Talk About It”

Presented by Minding Your Mind

“Just Talk About It” is an interactive suicide prevention presentation designed to promote factual knowledge, encourage discussion, ease communication, and enlighten parents and community members to the warning signs of mental health issues in adolescents and teens.

The presentation will be given by Jordan, a public speaker who discusses the mental health issues and disorders that affect so many. He is a survivor of a suicide attempt during his senior year in high school and shares his powerful story of fighting depression and finding recovery. Jordan will be accompanied by Jasmin McCloud, a mental health professional.

Minding Your Mind is a 501C3 not-for-profit organization with a mission of reducing stigma and destructive behaviors associated with mental health issues while promoting help-seeking behavior in youth through education.

Minding Your Mind offers an evidence-based, contact strategy through in-school and community-wide mental health education programs. Through their professionally-crafted presentations, stories of hope and recovery from young adult speakers who successfully and productively cope with their mental health issues are shared.

Please join us for this very important presentation on

Tuesday, January 10, 2017

7:00-9:00 PM

George Washington Middle School Auditorium

155 Washington Place

**Snow date: Wednesday, January 11, 2017*