



Pathway to a Healthy Mind

A Special Forum for our LGBTQ Community

LGBTQ individuals are almost 3 times more likely than others to experience a mental health condition such as major depression or generalized anxiety disorder. This fear of coming out and being discriminated against for sexual orientation and gender identities, can lead to depression, post-traumatic stress disorder, thoughts of suicide and substance abuse.

As a community, LGBTQ individuals do not often talk about mental health and may lack awareness about mental health conditions. This sometimes prevents people from seeking the treatment and support that they need to get better.

*Co-hosted by: NAMI Sacramento, Sacramento LGBT Community Center
and the Impact Foundry*

June 20th, 2018

5:30 PM – 8:30 PM

Impact Foundry

2031 K St 2nd Floor, Sacramento, CA 95811

- ◆ Advocacy Presentation by **NAMI California**
- ◆ **Brandy Thomas** - MFT, Veteran, Adjunct Professor at Sac City College
- ◆ **Laura Bemis** - In Our Own Voice Coordinator for NAMI Sacramento
- ◆ **Doug Smith** - Veteran, Peer Program Manager for NAMI Sacramento
- ◆ Sacramento LGBT Community Center

There is **no charge** for this presentation. Due to limited seating, please pre-register:

https://namisacramento_pathwaytopride.eventbrite.com

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