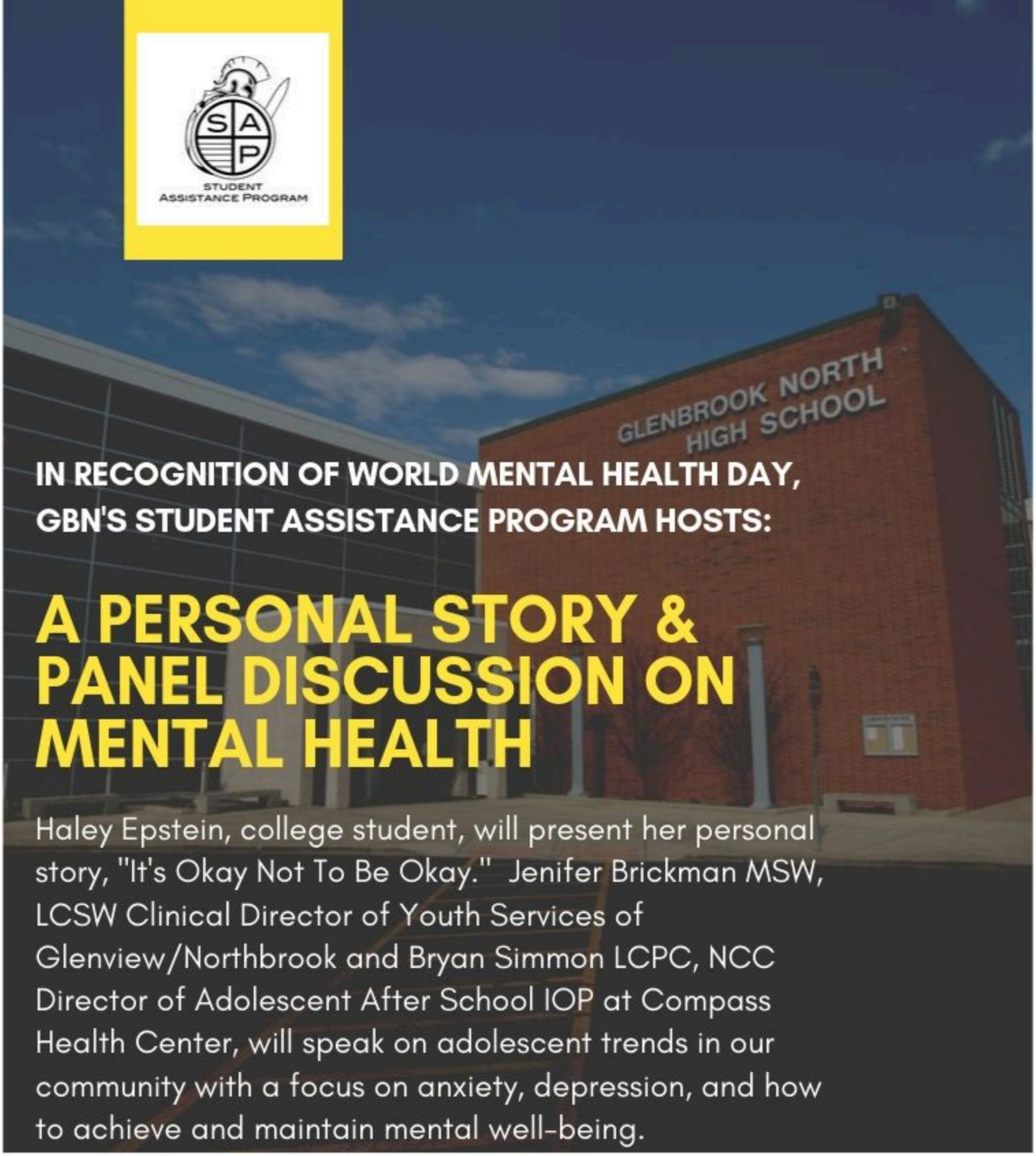


IN RECOGNITION OF WORLD MENTAL HEALTH DAY, GBN'S STUDENT ASSISTANCE PROGRAM HOSTS:

A PERSONAL STORY & PANEL DISCUSSION ON MENTAL HEALTH

Haley Epstein, college student, will present her personal story, "It's Okay Not To Be Okay." Jenifer Brickman MSW, LCSW Clinical Director of Youth Services of Glenview/Northbrook and Bryan Simmon LCPC, NCC Director of Adolescent After School IOP at Compass Health Center, will speak on adolescent trends in our community with a focus on anxiety, depression, and how to achieve and maintain mental well-being.

THURSDAY, OCTOBER 10TH FROM 7:00PM-8:15PM
GLENBROOK NORTH LIBRARY

For more information contact:
Christina Seaborg, GBN Social Worker, Co-SAP Coordinator
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