

# Mental Health Awareness



**Thursday, May 28, 2026**

**6:00 - 7:30 pm**

**On Zoom**

**Mental health is an essential part of overall well-being.**

Learn how to:

- Recognize mental health conditions
- Reduce stigma
- Understand self-care and resilience
- Strengthen coping skills
- Identify support systems
- Foster empathy and normalize conversations

**Presenter:**

Leon Judd, President and Founder of NAMI Metro-Oakland, Wayne and Macomb Counties

**RSVP Required:**

<https://tinyurl.com/3rdThursdayMay>



**AMPED**

**ADVOCATE. MOTIVATE.  
PARTICIPATE. EDUCATE. DEFEND.**

A Disability Network Eastern  
Michigan Program

**Questions?**

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