

Let's Talk About That!

A Mental Health Forum at St. Michael's

**Every Tuesday, 6:30-7:30, in the library
beginning January 14th**

Let's Talk About That (LTAT) is an open forum for our community to discuss mental health topics, offer resources and ideas, and otherwise support one another in our journeys.

Why??? Mental health problems are common! An estimated 50% of us will experience a mental illness in our lifetime, and most currently have a close family member or friend who is struggling. ***YOU (WE!) ARE NOT ALONE!***

Who can come?? LTAT is for anyone who...

- has a current mental health problem or illness
- is trying to help someone with mental health challenges
- has lived or professional experience, with ideas and reassurance to offer to those above
- is curious about mental health issues.

In short, LTAT is for anyone interested in furthering conversations about mental health, and desiring to be in community to support and be supported. We will listen and share in a respectful, supportive and facilitated environment for one hour every week. Come as you are and as you need! We would love to have you join us!

David Dreher, Allie Marquis, Krissie Wiggins, Amy Cox
LTAT Launch Committee