

a special virtual program on mental health

# No Shame On U

YOU ARE NOT ALONE



**TUESDAY, JANUARY 25, 2022 - 8:00 PM**

**DEMYSTIFYING AND DESTIGMATIZING  
DEPRESSION IN THE COMMUNITY**

Please join Beth Judea and No Shame on U for a special program about depression and mental health stigma. When individuals live with depression, they may feel ashamed and alone. Mental health stigma may contribute to this sense of hopelessness and isolation. At the same time, this stigma may serve as a barrier to accessing necessary mental health treatment and to recovery. You will leave this program knowing how to lessen the effects of mental health stigma by understanding how prevalent depression is, learning to seek support from others who are similarly situated, adopting self-care strategies, receiving professional help, appreciating the impact of community support, and stressing the positive growth that takes place after experiencing adversity.

RSVP to [Ineiman@bethjudea.org](mailto:Ineiman@bethjudea.org). Links will be forwarded before the program.

## ABOUT NO SHAME ON U

No Shame On U is a Chicago-based non-profit dedicated to eliminating the stigma associated with mental health conditions and raising awareness in the Jewish community and beyond. Our goal is for the people who need help to seek it, for family members and friends to know how to provide proper support, and to save lives.

## FOUNDER: MIRIAM AMENT

Miriam Ament, has a B.A. in American History from Barnard College, Columbia University and an M.A. in Organizational Psychology from Teachers College, Columbia University. Miriam was hospitalized three times for depression and encountered stigma and isolation from many friends and family members. As No Shame On U Founder and Executive Director, Miriam is dedicated to utilizing her life experiences in order to normalize the mental health conversation and end the stigma.

## SPEAKER: ANAT S. GEVA

Anat S. Geva has a B.Sc. in psychology from the University of Toronto, a Ph.D. in clinical and experimental psychology from the University of Michigan, and a J.D. from the Northwestern University Pritzker School of Law. As Director of Strategic Initiatives at No Shame On U, Anat oversees the expansion and implementation of new mental health programming and initiatives, and she is also involved in advancing development and organizational support efforts.