

# MENTAL HEALTH 101

## For Adults

MARCH 30  
6:00–7:00 PM

TO JOIN:  
[CLICK HERE](#)

Learn how to recognize when a child is struggling with mental health issues such as Depression, Anxiety, Self-Harm, or Suicidal Ideation and what you can do about it.

FOR MORE INFO CONTACT:  
[MH101@MHAET.COM](mailto:MH101@MHAET.COM)

Sponsored by Mental Health  
Association of East Tennessee  
and Clinton City Schools

