

# One in four adults experiences a mental health disorder each year



**October 4th**

**Campus Center/Multipurpose Room**

**Two Presentation Times:**

**10-12 noon or 2pm -4pm**

NAMI Maine, the Bachelor of Social Work program at UMPI, and the Aroostook Mental Health Center invite you to join us for a Community Conversation in recognition of Mental Illness Awareness Week

## Mental Illness Awareness Week (October 2<sup>nd</sup> – 7<sup>th</sup>)

Join us for an overview of NAMI Maine programs followed by a question and answer period. Hear two inspirational stories of how mental health challenges impact people's lives.

Email:

[cbrown@amhc.org](mailto:cbrown@amhc.org) (AMHC) or [jean.cashman@maine.edu](mailto:jean.cashman@maine.edu) (UMPI) with questions or for more information.

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Maine presenters will give an overview of the many ways it supports individuals with mental disorders and their families throughout the State of Maine.

AMHC is a behavioral health agency whose mission is to provide integrated healthcare services that maximize an individual's potential to recover and improve their quality of life. Information about the services AMHC provides will be available on-site.

The Bachelor of Social Work program at the University of Maine at Presque Isle aligns with the strategic directives of the university by providing professional education and career pathways that serve the needs of rural Maine.