## 6th Annual **OUTH MENTAL HEALTH** AWARENESS FORUM **THURSDAY, OCTOBER 22, 2020 7-8 PM**

## PANELISTS (SPECIAL GUEST: NAMI Coastal Virginia

Elena Schexnider Advocate



- Say It Out Loud **Video Presentation**
- Panel Discussion with Q & A
- Learn the Warning Signs and Symptoms of Mental Health Issues



Alexa Uroskie Advocate



- Teen Suicide Prevention
- Treatment and Resources
- ...And More!

Building hope and support for our students

Sam Boone **Chesapeake School Board Member** 

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