



# Join the MHA for Coffee & Conversation

## Breaking Stigma One Conversation at a Time

"Mental Health Matters: It's Time to Talk" is a campaign of Mental Health Association of Central Carolinas, Inc. (MHA) to encourage open dialogue about mental health and to reduce stigma, the #1 barrier to recovery.

Learn more about the MHA of Central Carolinas and how YOU can promote mental wellness! Registration open for:

- Friday, February 20 from 10-11 a.m.
- Tuesday, March 17 from 1-2 p.m.
- Thursday, April 16 from 8-9 a.m.

Location: MHA @ 3703 Latrobe Drive, Suite 220, Charlotte, NC 28211. Go to [www.mhacentralcarolinas.org](http://www.mhacentralcarolinas.org) and click on [Register for Event](#) button or call 704-365-3454.

- Join us for coffee, a brief presentation and conversation. We are creating community solutions!
- Meet some of our local MHA Ambassadors (*pictured below*) who share their stories of hope and recovery.
- Be a part of the National Dialogue to increase understanding and awareness about mental health.

**You can get involved by breaking stigma one conversation at a time!**



### How Mental Health Affects ALL of Us

- Mental health issues know no age limits, economic status, race, creed or color. Every family is affected.
- 2/3 of individuals never seek treatment due to stigma. Stigma does not need to be a barrier to service.
- Mental health is essential to overall health; prevention works, treatment is effective and recovery is possible!



Promoting Mental Wellness in the Charlotte Region for over 80 Years

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<Watch a campaign video now at>



A member agency United Way of Central Carolinas

Affiliated with  Mental Health America