



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 our campaign to shatter stigma:

Registration open now for:

- Thursday, April 16, 2015 from 8-9 a.m.
- Wednesday, June 17, 2015 from 10-11 a.m.
- Thursday, July 16, 2015 from 9:30-10:30 a.m.
- Tuesday, August 11, 2015 from 1-2 p.m.

Location: MHA @ 3703 Latrobe Drive, Suite 220, Charlotte, NC 28211.

Go to 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 MHA Ambassadors (*pictured below*) who share their stories of hope and recovery.



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

3701 Latrobe Drive, Suites 140 & 220
Charlotte, NC 28211
704.365.3454
mha@mhacentralcarolinas.org
www.mhacentralcarolinas.org

<Watch a campaign video now at>



A member agency



Affiliated with