



Join 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 America of Central Carolinas (MHA) to encourage open dialogue about mental health and to reduce stigma, the #1 barrier to recovery.

Learn more about MHA of Central Carolinas and how YOU can promote mental wellness!

Join us for free coffee, a brief presentation and conversation. We are creating community solutions.

Registration open for:

- Thursday, November 12 from 4-5 p.m.
- Wednesday, December 16 from 11 a.m.-12 noon
- Tuesday, January 12, 2016 from 9-10 a.m.
- Friday, February 19, 2016 from 3-4 p.m.
- Monday, March 21, 2016 from 1-2 p.m.
- Wednesday, April 13 from 8:30-9:30 a.m.

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



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 Since 1933

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



Member agency
United Way
of Central Carolinas

