



# 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:

- Monday, July 25, 2016 from 4-5 p.m.
- Wednesday, August 17, 2016 from 10-11 a.m.
- Thursday, September 22, 2016 from 9-10 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](#) 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](http://www.mhacentralcarolinas.org)



Member agency United Way of Central Carolinas

