

The Stigma of Mental Health: Overcoming Barriers to Treatment

According to the Centers for Disease Control and Prevention, children must have good mental health to reach their full potential. Mentally healthy children reach developmental and emotional milestones, learn beneficial social skills, and have a positive healthy quality of life in home, school and in their communities.

Mental Health America reports that 76% of youth in the United States do not receive treatment for mental health issues. Stigma is a key barrier that prevents youth from seeking or continuing the mental health treatment they need. By reducing stigma, we can create an environment that offers hope and acceptance to those who currently suffer in silence.

Join us for this presentation to better understand what stigma is and the impact stigma has on individuals and communities. We will discuss how to identify and overcome stigma in ourselves and our communities in order to help improve mental health outcomes for youth.

Speakers:

Jessica Hanna, Education and Outreach Specialist, Mental health America Northeast Indiana Jessica Hanna provides training to further understanding about mental health awareness and substance use disorders for the community. Jessica is a certified trainer for QPR and Youth Mental Health First Aid.

Jessica Ryan, MSW, LCSW, Community Advocate and Educator, Mental health America Northeast Indiana Jessica Ryan connects individuals and organizations with resources in Fort Wayne and surrounding counties. She also serves as a mental health educator with trainer certifications in QPR and Youth Mental Health First Aid.

Community Partners: [United Way of Whitley County](#), [Community Foundation of Whitley County](#)

Tuesday, May 7, 2019

11:30 am – 1:30 pm

Peabody Public Library

[1160 IN-205, Columbia City, IN 46725](#)

260-244-5541

RSVP via [Whitley County YWC](#).

If you have trouble with link, please go to [www.iyi.org/ywc](#) or email [Debbie Jones](#).

FREE: Lunch will be provided.

Connect:

Feel free to bring your program or resource information to share and to stay after for additional networking.



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For more information about this event or the Indiana Youth Institute, contact IYI Outreach Manager [Juanita Goodwell](#)