

---

# LET'S TALK ABOUT MENTAL HEALTH

---

## *Parent Mental Health Education Program*

### Panel Discussion

Glencoe High School - Library  
2700 NW Glencoe Rd, Hillsboro, OR 97124

**May 2, 2019, 6:00pm-8:00pm**

Talking about mental health is the first step to:

- End the stigma and shame surrounding mental health conditions
- Create a safe environment where people can share their struggles and seek help
- Build communities of empathy, inclusion and resilience



Yamini  
Rajan



Mindy  
Kane



Hanna  
Kane



Jaxon  
Buell



Diane  
Kaufman



Vijay  
Rajan

---

### ASHA Storytellers



**ASHA**  
INTERNATIONAL  
WE GIVE HOPE  
[www.myasha.org](http://www.myasha.org)

Mental illness affects 1 in 4 of us.  
Mental Health impacts all of us.

Start the conversation.  
End stigma. Save Lives.

*ASHA International is a nonprofit organization dedicated to promoting personal, organizational and community wellness through mental health education, training and support.*