

Demystifying Mental Health



Presented by:

Lisa Sprague, LCSW, Project
Community Pride of the Madison
Area YMCA

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Wellness Counseling & Coaching

Wednesday May 8th
12noon at Short Stories Bookshop
23 Main Street, Madison
6:30pm at Presbyterian Church, 19
Green Ave, Madison

This workshop was created to dispel the many misperceptions around common mental health diagnoses and clearly define terms such as depression, anxiety, bipolar, OCD as well as clarify suicidal ideation vs self-harm behaviors. Attendees will learn about available treatment options and have the opportunity to ask questions and engage in discussions around mental health stigma and ways to change current negative perceptions. Both Lisa and Cara are practicing Licensed Clinical Social Workers with extensive experience and training in mental health treatment and are dedicated to helping the Madison area community.

A Celebration of Optimism & Resilience in honor of Mental Health Awareness Month (MAY)