

speakers

raffle

creative activities

food

mental health info

resources

SUNDAY, APRIL 26, 1-4 PM

2<sup>nd</sup> Annual

**MENTAL HEALTH SUMMIT FOR YOUTH**

REGISTER TODAY!

 **NAMI** Main Line PA  
National Alliance on Mental Illness



**St. James United Church of Christ**  
**135 Myrtle Ave, Havertown, PA**

**Looking for real talk, real support, and a good time?**

Join other high school students for this **FREE** event where we're keeping it honest about mental health — and actually making it helpful.

**What's going down:**

- A panel of young people sharing their real experiences with mental health — and what actually helps them cope
- Fun, interactive activities focused on boosting your mood and mindset
- Helpful mental health tips, tools, and resources you can actually use
- Raffle prizes (yes, free stuff!)

Come hang out, connect with others who get it, and leave with tools to level up your mental wellness. You're not alone — and you don't have to figure it out by yourself.

**Questions? Want to volunteer?**

Contact Lisa at [lisa@namimainlinepa.org](mailto:lisa@namimainlinepa.org).

