

MASD STUDENT ASSISTANCE TEAM  
WILDCAT WELLNESS

# Just Talk About It!



**Just Talk About It** is an introduction to mental health, which is designed to inform both adults and youth on how to recognize the warning signs of stress, anxiety, depression, and crisis.

**Just Talk About It** will educate adolescents and the adults who support them to look beyond stigma and notice warning signs in themselves and their peers.

**WHO:** Caregivers and their teens  
(Open to the community)

**WHEN:** Wednesday, April 10th  
6:30-7:30pm

**WHERE:** Mechanicsburg High School  
500 South Broad Street  
Mechanicsburg, PA 17055

Brought to you through a partnership between  
Mechanicsburg Area School District and Minding Your Mind



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