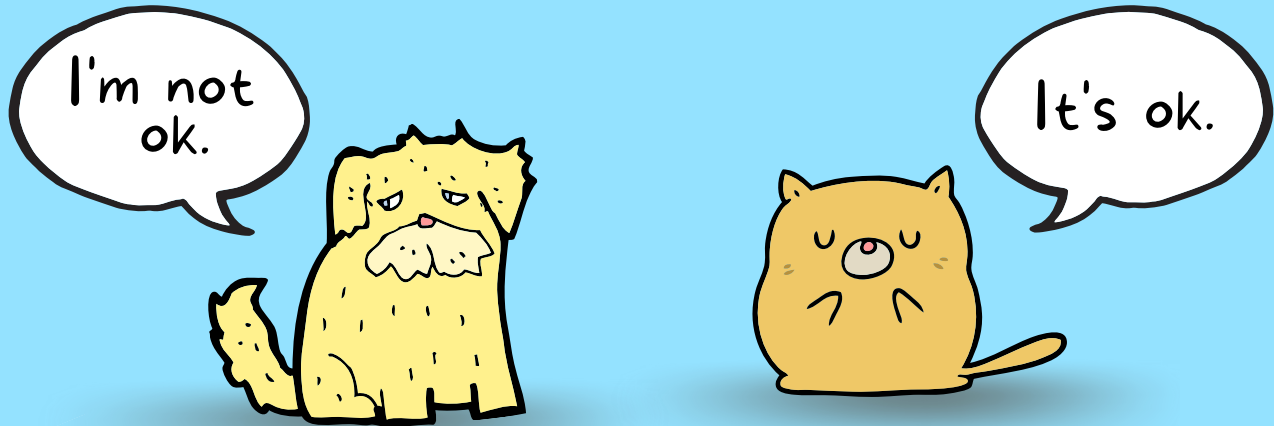


CATCH Presents:

Real Talk for Teens

Mental Health:
Anxiety, Depression & Suicide



Thursday, February 11th @ 5:30 p.m.
via Zoom

Teens are invited to gather virtually with Erica Leibrandt, LCPC, RYT, Sound Mind Counseling and a survivor of suicide loss, for a frank discussion about mental health: anxiety, depression and suicide.

She will guide teens on how to take care of themselves, how to talk to their friends about mental health, what signs indicate support is needed, and where to get help.



[REGISTER](#)



Mental health provides a foundation for every other part of life. Let's talk about it.

It's ok not to be ok.

catchiscommunity.org