

Halton Region

TAMI (Talking About Mental Illness) Program Early Intervention Series
presents

Recognizing Depression

Approximately 20%
of teenagers and adults
will experience depression



- Learn:**
- What depression is
 - The early signs and symptoms
 - How to get help
 - The impact of depression

Everyone
welcome

Tuesday, February 9, 2010

7:00 - 8:30 p.m.

**Thomas A. Blakelock High School
1160 Rebecca Street, Oakville**

Free
admission

Presentation by the Centre For Addiction and Mental Health
Speakers sharing their personal experiences with depression

Please RSVP to reserve a seat.

For more information or to RSVP dial 311 or (905) 825-6000 ext. 2988 or
email: Sabrina.thiffault@halton.ca

This series will run multiple times per year throughout Halton on various subjects related to mental illness and addictions.

Our goal: to raise awareness and reduce the stigma associated with mental illness; provide information about local resources; empower those who live with a mental illness

