



## It affects us all...

A conversation about youth stress, mental health, and suicide prevention

**Monday, September 11th, 6-7:30 pm**

### StarVista

610 Elm St. San Carlos, CA 94070 (2nd floor above the library)

### The small group presentations will focus on:

- Bullying and its effects on mental health
- Risk factors that someone might need additional support
- Depression and Anxiety in young people
- How to talk to someone going through a hard time
- Knowing the signs that someone is at risk for suicide

**To RSVP, please visit our site at**

<https://starvistayouthmentalhealth.eventbrite.com>

**September 10-16 is  
National Suicide  
Prevention Week**



Connect with StarVista on:

