

Understanding Disabilities, Inc.  
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February 1, 2017

FOR IMMEDIATE RELEASE

## **JUST TALK ABOUT IT**

### **A Discussion About Stress, Anxiety, Depression, and Bullying**

Minding Your Mind, a national educational program working to prevent mental health crises in teens, will be in Reading to present “Just Talk About It” on Mon. March 13 at 7 PM at the Endslo Performance Arts Center at Reading Memorial High School. The talk is sponsored by Understanding Disabilities, Inc. in conjunction with Reading Public Schools and Reading Coalition Against Substance Abuse. This community presentation is for high school students, parents, and interested adults. Admission is free.

The presentation has two parts. A clinical director will explain about crises, how stress affects a teenager, the symptoms of depression, the warning signs, and how to get help for yourself or a student or friend. The event will also feature a presentation by author Melissa Ann Hopely, author of “The People You Meet in Real Life,” a book about her personal experience with mental health challenges and the help that saved her.

The goal of the presentation is to increase awareness about mental health challenges and to teach positive, help-seeking behavior.

The talk should benefit all those with an interest in learning more about mental health challenges in teens and adolescents, including high school students; parents; those who have been diagnosed or are interested in learning about the symptoms; students heading off to college; students at college; those who work with teens or adolescents in various settings; general and special education teachers; paraprofessionals; and other

members of the community. "It's no secret that our young people are experiencing incredible amounts of stress in a world that is increasingly challenging to navigate. What no one is talking about however, is how incredibly resilient young people are and how powerful the adults in their lives can be," says Sara Burd, Director of Social Emotional Learning for Reading Public Schools.

This event, and an upcoming event for middle school students, compliments the premier of Understanding Disabilities' new elementary school lesson about emotional and behavioral health. It is being taught to fifth graders as part of Understanding Disabilities' awareness programming in Reading's elementary schools. "We want to support students of all ages by teaching them positive and helpful steps they can take to improve their emotional health, including asking for help," says Paula Tucci, Curriculum Project Director for Understanding Disabilities.

Understanding Disabilities, Inc. is a non-profit organization that has provided disability awareness programming in the Reading Public Schools for 32 years, helping children to see beyond people's disabilities and to focus on the ways that we are all the same inside. To help fray the costs of this presentation, you may visit [www.understandingdisabilities.org](http://www.understandingdisabilities.org).