

Join **A.S.K.** : **A**ccess, **S**upport and **K**nowledge – Help for Mental Health

Come out, meet and get knowledge on Mental Health from Brenda Wesley who is mother of a son living with a mental illness. She developed this presentation to help the community better understand mental health. You will hear her story and learn where to turn for help when you are feeling hopeless. Brenda is Education and Outreach Director for NAMI, National Alliance on Mental Illness Greater Milwaukee.



Brenda Wesley

FREE informational mental health programs
on recognizing the signs and symptoms &
where to seek help.

- Are you or a loved one feeling hopeless or overwhelmed?
- Do you have a loved one who needs help but is in denial or does not know where to turn for help?
- What do you know about mental health?
- You are NOT alone.
- There is **Help** AND **Hope**.

GET THE FACTS!

FREE Resources

A.S.K. Programs - Saturdays at the Milwaukee Public Libraries

June 11– 10:30 a.m. to Noon—Capitol Library, 3969 N. 74th St.

June 25—2 p.m. to 3:30 p.m.—Atkinson Library, 1960 W. Atkinson Ave.

August 20 – 10:30 a.m. to Noon— Villard Square Branch Library, 5190 N. 35th St.

November 19 – 1 p.m. to 2:30 p.m.—Center Street Library, 2727 W. Fond du Lac Ave.

December 17 – 1 p.m. to 2:30 p.m.--Center Street Library, 2727 W. Fond du Lac Ave.

Upon reasonable notice, efforts will be made to accommodate the needs of individuals with disabilities. For additional information or to request services, contact the Library Director's Office at (414) 286-3021, 286-2794 (FAX), or mail to Central Library, 814 W. Wisconsin Ave., Milwaukee, WI 53233. Attn: Accommodation Request 2016

