

**2.8 MILLION TEENS**

Experienced severe depression last year.  
Learn how to identify and support them.

(Source: MHA, 2024 Data)

SCAN THE QR CODE  
TO REGISTER ▼



**4 in 10**

High school students  
felt persistently  
sad or hopeless  
in 2023. This rate  
jumps to 53% for  
female students.

(Source: 2024 CDC Youth Risk  
Behavior Survey)

JOIN US  
IN-PERSON  
OR  
ON ZOOM

## Just Talk About It

*A teen mental health presentation featuring  
Mollye Readinger-Scott and Andrew Onimus.*

**Thursday | December 11 | 7:30 pm**

Beth Shalom Congregation • 8231 Old York Road, Elkins Park, PA 19027

*Just Talk About It* is a 90-minute program that opens with a Minding Your Mind clinical facilitator discussing the signs and symptoms of the mental health issues most prevalent in adolescents through young adulthood, and how to know the difference from typical teenage behavior. The young adult speaker adds a real-life story that illustrates the information from our clinician, transforming it all into relatable experiences. In addition, participants will have the opportunity to ask questions and get concrete answers for practical steps they can take in real time.

This adult only event is free and open to the community. Join us in-person or on Zoom.

**Mollye Readinger-Scott, MA**  
MYM Clinical Facilitator



**Andrew Onimus**  
Young Adult Speaker



Questions? Contact Stacey Salsman at [info@spiritualwell-being.org](mailto:info@spiritualwell-being.org).



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**MINDING**  
YOUR **MiND**