

Teenage Stress, Anxiety, and Depression: A Community Forum

Thursday, October 26 / 7:00-8:00 pm

Alden High School

13190 Park Street

Alden, NY 14004

Opening remarks:

Michael Ranney

Commissioner of Mental Health, Erie County

Panelists:

Karl Shallowhorn M.S. CASAC

Director of Community Advocacy

Mental Health Association of Erie County
and Compeer of Greater Buffalo

Olivia Retallack, MA

Coordinator

Suicide Prevention Coalition of Erie County

Lisa Prefontaine, LMHC

Clinical Director for Mental Health

Horizon Health Services

Carly Congliosi

Youth Peer Mentor Coordinator

This program is free of charge for parents, educators, and teens who want to learn more about the facts associated with mental health and teen suicide. Audience members will also learn strategies to help start the conversation about mental illness and Netflix's fictional show "13 Reasons Why."

