

- You're Invited! -

Learn United: Youth Mental Health

Wednesday, May 29
5:15 - 7:00 p.m.
Gratitude Brewing



Free Educational Event
Learn United: Youth Mental Health

Challenges and Opportunities

Wednesday, May 29, 2024 | 5:15-7:00 p.m.
Gratitude Brewing | 540 E 8th Ave, Eugene, OR 97401
Virtual attendance available

In Lane County and across the nation, youth are facing a mental health crisis. According to the CDC, **42% of youth felt persistently sad or hopeless**, and **22% seriously considered attempting suicide** in 2021. In Lane County, **nearly 75% of eleventh graders said they had felt anxious several days or more** during the month before being surveyed (Oregon Student Health Survey, 2022).

Thankfully, there's something we can do about it.

Join us to hear from Lane County students about the mental health challenges they face, meet some of the amazing programs serving local youth, and learn how you can help youth thrive.

You'll learn about local efforts, like:

- South Lane Mental Health's EMDR therapy for youth,
- Friends of the Children's mentorship program,
- 15th Night's work engaging youth in homelessness prevention,
- reflections from United Way's recent Child & Youth Behavioral Health Summit, and more!

Limited in-person spots available: register today! Online at unitedwaylane.org/events or, scan the QR code with your smartphone, or contact **Joslyn Vargas**, Marketing and Communications Manager, at 541.357.5702 or jvargas@unitedwaylane.org.

Due to limited space, registration is required. Virtual attendance is available via Zoom.

Appetizers provided; no-host bar for alcoholic/nonalcoholic beverages.



This event is made possible thanks to our sponsors:

