

Mental Health & Wellness 101:

Supporting Youth and Young Adults

Representatives from community organizations and local mental health experts will lead a discussion about mental health and wellness among our area's youth and young adults, including how to identify signs of distress, how to support them in maintaining healthy mindsets, what you can do to help during times of a mental health crisis, and social emotional resources that are available right in our own backyards.

PANELISTS:

Abington Township Police Department • Child & Family Focus, Inc.
Montgomery County Mobile Crisis • NAMI Montgomery County PA
Penn State Abington

DATE: Thursday, November 13, 2025

TIME: Resource Fair and Networking -
6:30 - 7:00 p.m.
Q&A Panel Discussion -
7:00 - 8:30 p.m.

LOCATION: Penn State Abington -
Sutherland Auditorium
1600 Woodland Road, Abington



Scan the QR
Code to RSVP

For ages 12 and up only

Sponsored by the
**Abington Community
Taskforce**



in Partnership with
CAPT and Penn State Abington



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