

LET'S TALK ABOUT IT: MENTAL HEALTH & SUICIDE AWARENESS

WEDNESDAY, SEPTEMBER 13, 2023

Doors open at 6:30pm – starts at 7:00pm

St. Aidan Catholic Church Activity Center

17500 Farmington Rd., Livonia

(between 6 & 7 Mile Roads)

ALL ARE WELCOME – THIS IS A FREE EVENT!

****Please register for event by calling/texting
586-662-5733 to help us w/seating****



This event is intended to provide our community an opportunity to hear from a panel of expert speakers addressing mental health, depression, talking about the stigma associated with mental illness, suicide awareness and warning signs, coping skills, accompanying those in distress, and connecting attendees to available resources. **Please join us!**



Mr. Leon Judd
President & Founder
of National Alliance
on Mental Illness
(NAMI) for Oakland,
Wayne & Macomb
Counties.

Mr. Judd will present
on mental health
statistics, awareness,
stressors, conditions,
warning signs, and
coping skills.



Dr. Tehmina Shakir
MD,CCP,CCTP,CCTSS,CSO
TP,CFRC,CCFP
Child & adolescent
psychiatrist & asst clinical
professor at Wayne State U.
Dept. of Psychiatry &
Behavioral Neurosciences.
Director of psychiatric svc at
Vista Maria and medical
director at Cruz Clinic.

Dr. Shakir will present on
trauma and its effect on
behavioral health, especially
self-injurious behaviors and
suicide.



Br. Fred Cabras
Director Social Services, OFM
Capuchin
Licensed clinical social worker
specializing in adults with
mental health challenges,
member of governing board for
National Catholic Partnership
on Disability & board liaison for
Council on Mental Illness &
Wellness.

Br. Fred will present Emmaus
Walkers: a Catholic guide to
accompaniment with persons
who suffer from mental health
challenges.



Ms. Patti Kelly
Parish Social Worker, St.
Edith Catholic Church &
School.
Licensed Master Social
Worker who has worked with
families in a variety of
clinical & public health
settings.

Ms. Kelly will present
available resources and
information on support and
seeking assistance with
mental health challenges
and suicide awareness and
prevention.