

**January 30, 2018 6:30pm to 8:00pm at Pierce Middle School**

**Jon Mattelman presenting – “Just Talk About It - Mental Health Awareness and Reducing Stigma”**

Minding Your Mind’s primary objective is to provide mental health education to adolescents, teens, and young adults, as well as parents, teachers, and school administrators. Our goal is to break the silence, to reduce the stigma and destructive behaviors often associated with mental health issues and illnesses, and to move away from crisis-based response to prevention through education.

Jon Mattelman, on behalf of Minding Your Mind, will present to the Pierce Middle School students during the day. He will focus on helping students learn to recognize the warning signs of mental illness in themselves and their friends. He’ll teach students that mental health issues and illnesses are common and treatable. The ultimate goal is to create a supportive environment in schools where students feel comfortable speaking up and asking for help. Issues that are addressed in these presentations include: mood disorders, suicide ideation, eating disorders, addictive behavior, self-harm, and bullying.

In addition to the student presentations, the evening program provides an opportunity for parents, teachers, and other school personnel to meet and listen to the same speaker that the students heard earlier in the day.



**BIO**

**Jon Mattelman, MS Counseling**

Across all of his work, Jon brings warmth, understanding, and patience...plus a healthy dose of humor! In his over 35 years of experience as a therapist and presenter, clients have felt comforted by his ability to acknowledge that the challenges they face are complex – and often downright exhausting! In acknowledgment of this, his work is grounded in delivering tools that can be implemented in real time. Jon holds a BA from Clark University, and an MS in Counseling from the University of Hartford. He served as Director of the Stoughton, MA Youth Commission from 1983 to 1993, and as Director of Needham, MA Youth Services from 1993 to June 2017. Since 1993, alongside his full-time work, Jon has operated his practice to offer presentations, consultations, and consulting services.