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Community Conversations About Mental Health to be Held at Hartford Public Library

HARTFORD, Connecticut (November 13, 2013) As part of President Obama’s National Initiative on Mental Health, Hartford Public Library will host a ***Community Conversation About Mental Health*** on Saturday, November 16th from 10:00 a.m. to 2:30 p.m. in the Center for Contemporary Culture. Doors will open at 9:30 a.m. for registration and coffee. Free parking and lunch are included.

“Mental health issues affect almost every family in some way. We’re pleased to engage the Hartford community in a dialogue to eliminate the stigmas associated with mental illness, discuss ways to improve access to services, and encourage family and friends to provide support,” said Matt Poland, Chief Executive Officer of Hartford Public Library.

While misperceptions about mental illness, fears of social consequences, discomfort associated with talking about these issues with others, and discrimination can keep those who may need support silent, many who receive treatment for mental illnesses lead happy, productive and full lives. Engaging in community conversations provides an opportunity to learn from research and from each other about the barriers to addressing mental health issues, and to come together to create a comfortable environment in which to discuss concerns, explore available services, and offer support.

The November 16th event will feature a series of small group discussions led by trained facilitators. Participants will engage in meaningful and informed conversations that will inspire and encourage action to improve mental health in their families, schools and communities.

To register, visit mentalhealthconversation.eventbrite.com or call 860.695.6319

For more information about the National Initiative on Mental Health, visit www.creatingcommunitysolutions.org

About Hartford Public Library

The Hartford Public Library traces its roots to 1774. It operates 10 locations in the City of Hartford. The Library receives more than 865,000 visits per year. Services include access to a large collection of

materials for reading and research, as well as music and video. Programs provide education, information and enrichment to the people of Hartford in such areas as citizenship training, literacy, business skills and cultural awareness. The mission of Hartford Public Library is to provide free resources that inspire reading, guide learning, and encourage individual exploration. According to a recent editorial in *The*

Hartford Courant, "Indeed, the Library has established itself as the center of the community in Hartford." To learn more about the library, please see www.hplct.org.

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