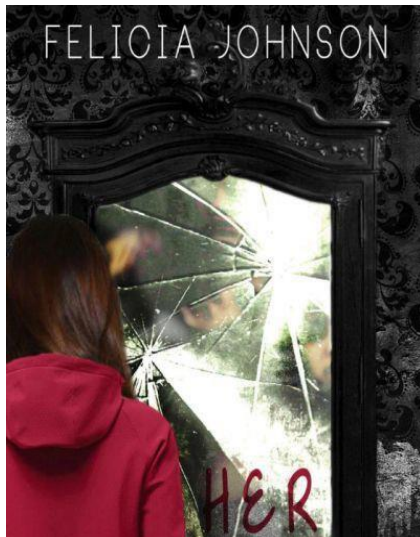


Wednesday, May 15, 2019 @6:45pm
Mahopac Library: 668 Route 6, Mahopac, NY 10541



Description

Author and mental health advocate, Felicia Johnson, joins us to discuss her own experience in dealing with a loved one suffering from child abuse, depression and Borderline Personality Disorder (BPD). Inspired by her own life story and the journey of her childhood friend, Felicia has authored the novel, Her, which is the story of a young girl dealing with BPD. Through her book, Felicia helps to bring understanding of BPD within reach of many young people and families afflicted by it and continues to help many come to terms with mental health issues they face.

Johnson brings remarkable insight and understanding to an illness that affects 1 - 2 % of the population and wreaks havoc on the lives and relationships of young men and women.

As a survivor of child abuse and one who deals with mental illness in her personal and work life, Felicia is very involved in efforts to end the stigma of mental illness. She has worked for nearly 10 years in the mental health field.

Educational Objectives

- Define BPD, Bi-Polar Disorder, Major Depression and explain the effects it has on the lives of those who suffer as well as their loved ones.
- Identify the signs to look out for when someone we care about show warning signs of suicide ideation.
- Discuss what we can do to help ourselves and others who are struggling with mental illness and how we can encourage others to talk about it.
- Presentation of “HER” (www.herthebook.com) by Felicia Johnson trailers, discussion and Q&A.

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