

# Have You Heard?

**Alison Malmon, The Heard- Talking About Mental Health**

A remarkable program that addresses coping skills, family suicide, and tells a powerful story with a call to action.



**“One  
person  
can do  
something”**

When & Where:

Contact & Sponsors:



**MOST PEOPLE WHO SEEK HELP GET BETTER**

Learn More: [www.activeminds.org/mentalhealthspeakers](http://www.activeminds.org/mentalhealthspeakers)