

# The Lower Hudson Special Education Task Force is proud to present



## Ending the Silence

Presented by NAMI Westchester

**May is Mental Health Awareness Month.**

The rates of anxiety, depression and other mental health conditions are climbing for all young people. Young people with disabilities such as autism or learning disabilities are up to five times more likely to develop mental health disorders than young people without other disabilities.

In this presentation, participants learn the warning signs of mental health conditions, steps to take, strategies to improve mental health, and the importance of open communication about mental health concerns. The presentation will focus on how school districts and parents can work together to help students.

**DATE: May 21<sup>st</sup>, 2025**

**TIME: 7 p.m. - 8 p.m.**

**Via ZOOM**

Click [HERE](#) to register.

If you have difficulty registering, please email [jbaumann@putnamils.org](mailto:jbaumann@putnamils.org)  
Or call (845) 228-7457, ext. 1108

Sponsored by:  
The Lower Hudson Valley Special  
Education Task Force



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