Statistics show that 1 in 4 young adults have a diagnosable mental health condition. In fact, depression and anxiety are among the leading barriers of collegiate academic performance. Join us in this important conversation to learn how to identify and support others who may be struggling with such difficulties.

Thursday, September 28th
7:00PM-8:30PM
Evans Hall, Room 202

Sponsored by: The Student Counseling Center (CAPS)
For more information, call 321-674-8050 or visit www.fit.edu/caps