

Chebeague Parents' Association proudly presents another  
**Community Support Series: Taking Care of Our Own 2015-2016**

**SUNDAY, MAY 15, 2016**

**2pm in the HALL**

**FREE**

**“Mental Health and Mental Illness: It’s All in the Mind”**

**Greg Marley, LCSW NAMI-Maine**

“We all, every one of us, have mental health. For most, when the sun shines, the tasks of the day are manageable, and life seems in our control, our mental health is good and we meet the day with a smile. Yet we all know someone who might face that same day with anxiety, or feeling the day is dark and gloomy no matter the weather. It might be our spouse, our sibling, our child, our neighbor. Mental health challenges come in different forms, with a range of severity and can look very different in people based on their unique natures. Most mental illness responds well to treatment and support, though a few will result in chronic, or even lifelong difficulty. With support and appropriate help, people can recover their health and lead full lives.

For people living with an active mental health concern, be it depression, anxiety or any of a number of recognized “mental illnesses”, the daily tasks of life are more difficult to perform, and some days it takes all the will they can muster to just get out of bed. For some, life may not feel worth living on some days, and a crisis can develop that requires our help or professional assistance. We all know, or are related to someone with a mental health concern, and it can be helpful to learn how to support their needs and to know when getting professional help is the best and the right thing to do.”

— Greg Marley, LCSW

Clinical Director, National Alliance on Mental Illness (NAMI) Maine

**BIO**

**Greg Marley, LCSW** is the Clinical Director of the National Alliance on Mental Illness in Maine (NAMI Maine), [www.namimaine.org](http://www.namimaine.org). In that role, he has developed and presented training and education supporting suicide prevention to many different groups. Greg has presented across Maine and New England to a variety of audiences in suicide prevention, substance abuse prevention, mental health and other topics. Greg lives in Rockland with his family and balances the stresses of his mental health work with the active pursuit of wild and medicinal mushrooms.