

Littleton Public School Wellness Committee in conjunction with
Massachusetts Partnership for Youth, Inc. and Minding Your Mind
presents

JUST TALK ABOUT IT



WEDNESDAY, APRIL 26

6:00-7:30PM

LITTLETON HIGH SCHOOL AUDITORIUM

Just Talk About It is a clinician-led workshop covering adolescent mental health topics such as anxiety, depression, self-harm, disordered eating, substance use, social media, and suicide. This workshop is 60-90 minutes and features a Young Adult Speaker to provide dual perspective. The program's goal is to ensure that adults have the information needed to understand adolescent mental health, identify mental health challenges and crises, and to respond in helpful and supportive ways.

ABOUT OUR PRESENTERS

JON MATTLEMAN, MS



Jon holds a BA from Clark University, and an MS in Counseling from the University of Hartford. He was the director of mental health centers in Massachusetts in Stoughton and in Needham from 1993 - 2017, and has operated his practice to offer presentations, consultations, and consulting services for 25 years. Jon has been the Clinical Director for the New England region of Minding Your Mind since 2017. He creates up-to-date and engaging presentations for parents and caregivers, school personnel, community groups, municipal employees, corporations, and speaks at conferences, summer camps, and any other group that wants to support youth mental health. Jon also supports Minding Your Mind's young adult speakers in the Changing Minds: Stories Over Stigma program.

Mallory privately struggled with intense anxiety as a child that morphed into OCD in an attempt to control her anxious thoughts. With her obsessions and compulsions, Mallory also found herself trying to gain control of her anxiety through control of the food she ate. She thought eating less would make herself feel more lovable and worthy. After years of this attempt at control, Mallory found herself facing another opponent upon entering high school: depression. Seeking to ease her pain, she began self-harming and struggled with suicidal ideation. After spending the rest of high school trying to find a treatment plan that worked for her, Mallory graduated and moved on to Northeastern University. College started off rocky with her depression and anxiety still far from manageable. As her mental health challenges came to a precipice, she was sexually assaulted. Through the support of her friends and family, the space to talk in therapy, a dedicated breathwork and meditation practice, and a sustainable self-care routine, Mallory found herself opening up to the healing process. The biggest factor in her healing came when she had the opportunity to speak out and share her story to inspire others in their journeys.

MALLORY

