

May is Mental Health Awareness Month.

At 6:30 this evening, a presentation entitled "Living with Mental Illness" comes to the Watauga Public Library. Expected to last about 90 minutes, the presentation will include first-person accounts of what it's like to live with mental illness on a day-to-day basis. The program provides an opportunity for the audience to "put a face" on mental illness and helps dispel the idea that persons with mental illness must look or act a certain way. People will receive printed material at the presentation, including fact sheets on the major mental illnesses.