



CFAES

TEEN MENTAL HEALTH RETREAT

SATURDAY, OCTOBER 12 – SUNDAY, OCTOBER 13

The overnight retreat on mental health is for teens age 14-18 who want to be advocates for mental health in their communities.

Topics and activities will include:

- Positive self-help activities
- Building a resource network
- Stigma combating project
- Being a mental health advocate
- Having impactful conversations

<http://go.osu.edu/mentalhealthretreat>

Location: 4-H Camp Ohio

Cost: \$40

Eligibility: Teens age 14-18
30 spots available

Contact information:

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THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES



**OHIO STATE UNIVERSITY EXTENSION
HARDIN COUNTY**

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