

# Depression: Life Beyond the Diagnosis

## Hope and Healing Series

**Simon Messmer, MSW**, Senior Director, Advocacy & Recovery Services has worked for Mental Health America of the Heartland (MHAH) for six years. He has played a critical role in the development of specialized housing programs for persons with mental illness, while also overseeing MHAH's consumer-run programs and providing training and support to the agency's many consumer staff members. Simon holds Bachelor's Degrees in both history and psychology and a Masters of Social Welfare from the University of Kansas.



**WHAT:** 1.5 hour educational program

**WHEN:** February 15, 2012; 6:30 p.m. – 8:00 p.m.

**WHERE:** First Christian Church of Pleasant Hill, 519 Cedar Street, Pleasant Hill, MO 64080

**WHO SHOULD ATTEND:** Persons with depression and related mental health conditions. Their families and significant others, as well as care providers may attend. The community and healthcare professionals are also welcome.

### After attending this program the participant will be able to:

- Explore the definitions of hope and recovery and their implications for those with depression
- Describe ways that persons with depression and techniques to combat stress.
- Understand firsthand the disabling power of a psychiatric diagnosis and wisdom gained from a lived experience of recovery.

### REGISTRATION: Program is free. 1.5 CEU's (Certificate of Attendance)

Please complete form below and mail/fax prior to workshop. Any Questions? Contact Stacy Davis at 913-281-2221 ext. 112 or [sdavis@mhah.org](mailto:sdavis@mhah.org); Hope and Healing Series "Depression: Life Beyond the Diagnosis" on February 15, 2012. Program is FREE.

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Fax \_\_\_\_\_ Email \_\_\_\_\_

