



**What Parents Need to Know about Adolescent Mental Health
with guest speaker, Brian Scott, Esq.
Wednesday, October 16, 2019 at 6:30PM
Paul Pratt Memorial Library**

Cohasset, Mass., October 8, 2019 – Next Wednesday, October 16, Safe Harbor Cohasset Coalition will be teaming up with the Paul Pratt Memorial Library (PPML), and South Shore Arts Center for ‘What Parents Need to Know about Adolescent Mental Health’ with Brian Scott, Esq. This event is presented in conjunction with the world-renowned McLean Hospital, as a complement to the ‘Recovery is Possible’ art exhibit that is currently on display at the library. We invite parents, caregivers, and community members, alike to attend this event!

Brian Scott, Esq., Patient and Family Navigator at McLean Hospital, will discuss a variety of mental-health related issues, including two of the most common issues that young people face, anxiety and depression, and explain how these invisible diseases may be affecting your child. Having dealt with both anxiety and depression throughout much of his life, Brian has been on both sides, as a patient and practitioner, giving him the ability to bring a unique skill-set to the table and can speak to what it’s like living with mental-health issues and what parents can do to help their child(ren) who may be struggling. He is not only focused on fighting the stigma associated with mental-health, but also on working to ensure that others living with, and affected by, mental illness have access to the resources and care that they need.

Along with the presentation, we invite you to view McLean Hospital’s “Recovery is Possible” art exhibit, which is currently on display in the PPML Meeting Room. The exhibit, which includes original works from “The Opioid Project,” as well as larger posters from McLean Hospital’s “Deconstructing Stigma” campaign, brings the experiences of those suffering from both substance-use, and various mental-health related issues, into the light.

Whether you are a lover of the arts, someone who has suffered from substance-use and/or mental illness, or have a family member who has suffered from one of these devastating diseases, this evening presentation is for you. Please join us next Wednesday, October 16th, at the Paul Pratt Memorial Library, for this informative, eye-opening, and inspiring event!

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FOR IMMEDIATE RELEASE:
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About Safe Harbor Cohasset Coalition

Since July 2014, Safe Harbor Cohasset has been working to promote awareness and implement resources to help make an impact on the substance use in the community. In September 2017, Safe Harbor was awarded a federal Drug-Free Communities (DFC) Support Program grant, which focuses on preventing substance use among youth ages 12-17.

Since then, the group has worked to foster a strong and inclusive community that allows youth to strive and encourages healthy, educated and responsible choices about drug and alcohol use. The mission is supported by evidenced based, prevention focused, sustainable policies and youth-focused programs, such as Ground Level Café and the Safe Harbor Youth Ambassador Program. To learn more, visit the Safe Harbor website at safeharborcohasset.org. Keep up to date on the latest trends by following Safe Harbor on Facebook at www.facebook.com/safeharborcohasset, on Twitter [@cohsafeharbor](https://twitter.com/cohsafeharbor), & on Instagram [@safeharborcohassetcoalition](https://www.instagram.com/safeharborcohassetcoalition).