For disability accommodation contact Student Health & Wellness Programs at 932-7465 (V), 932-7002 (TTY) 10 business days before events.

Monday, Sept 26, 2016
University Classroom Building Room 100
5-5:30 pm Film Screening
5:30-6:15 Panel Discussion

Panelists:
Cheryl Puntit, MN, APRN, PMHNCS-BC
Pansy Lindo-Moulds, MA, LMHC
Andrew Polloi, MA, LMHC
NAMI Hawai‘i Island Members

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"My Depression" is a half-hour animated film that debuted on HBO in 2015. The film tells Elizabeth Swado's (a successful Broadway composer, writer and director) personal story of her lifelong struggle with depression. Elizabeth uses her talents in music and storytelling to share her story and help others who may be struggling with emotional health conditions like depression.