



United Self-Help

“People helping people to help themselves”

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AN EQUAL
OPPORTUNITY
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This talk could save a life!

How to stay mentally healthy,

Given more than 2000 times in 20 years to High schools and groups in Hawaii. Sponsored in the past by National Institute of Mental Health, Rotary Club of Honolulu, Hawaii Community Foundation

You will:

- Be given a stress test
- Shown how to control stress
- How to help themselves or a friend.
- Shown how treatable mental illnesses are if 11 steps are followed.
- What to do if a friend doesn't respond to your involvement.
- Mental health consumers talk about their recovery.

Here's what listeners have said:

“It's the best talk on Mental health I've heard, and I am a psychologist.” from a Rotarian.

"I really liked that, can he come back again?"

"We were disappointed the presentation ended we wanted to hear more"

"The belly laughs were just what my students needed to get their day started"

Comments from students at Seabury Hall

William “Bud” Bowles, MSW
Executive Director, United Self-Help