

Morris County Stigma Free Initiatives

Presents

Lucas Wolfe, Author of “My Perfect Life”

This event is for anyone, parents, teens, educators ect; who want to better understand depression, recognize symptoms and be able to help someone in need.

Learning about mental health is more important now than ever.

Join Us Virtually

September 21, 2021

7pm – 8pm

Zoom Link: <https://us02web.zoom.us/j/83424625998?pwd=ZnM0TFFOZTQ3K3IxMHJ1eWY3VUNZdz09>

When Lucas was in high school, he'd tell you he had a perfect life. But in his junior year, he began to experience the early stages of depression. Because he didn't know depression was an illness that could affect anyone, Lucas hid his silent battle through high school and into college.

During his last semester, the depression became so severe Lucas lost the ability to eat. He wasn't sleeping and thoughts of suicide haunted him.

Realizing he needed help he reached out to family and began the process of recovery. As Lucas experienced the joy of life on the other side of depression, he sought ways to help others having the same experience.

He became a speaker with Minding Your Mind, and recently published his self-help memoir *My Perfect Life: How Depression Almost Ended it and How I Found Purpose Through Pain*. [Buy the book here](#)

**MORRIS COUNTY
PROUD TO BE
STIGMA-FREE**

**MINDING
YOUR MiND**