



JOURNEY TO WELLNESS



Jordan Burnham is a nationally recognized mental health advocate who was one of the "2010 Best of Philly" and received the 2012 Emerging Humanitarian Award winner from the Asomugha Foundation.


SPEAKERS BUREAU

Take a journey with speaker Jordan Burnham as he tells the story of how it seemed he had it all, but underneath, he was struggling with anxiety and depression. His struggles led him to alcohol abuse and ultimately a suicide attempt by jumping out of his ninth-story bedroom window. Come experience his journey to recovery and mental health wellness.

This experiential exhibit will highlight issues of self discovery, psychological disorders, myths about mental illness, and resources for help.

Thursday, April 13, 2017

11:00am to 2:00pm

Loker Student Union Ballroom A & B

Sponsored by:

Student Health &
Psychological Services
(310) 243-3818


changing the conversation
about mental health

MATTHEW SILVERMAN
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