

Please join us for

A Conversation on Teen Depression and Anxiety

October 3, 2018 | 5 to 6:30 pm

One in four of our youth experiences chronic sadness and hopelessness.

Mental health problems are real, painful, and sometimes severe. The good news is mental illness is like physical illness.

It is treatable.

Moderated by

Dr. Ken Robbins, MD, MPH, is board certified in psychiatry and internal medicine. He is the chief clinical officer of Behavioral Health Services for Adventist Health St. Helena and Vallejo, and clinical professor of psychiatry at the University of Wisconsin-Madison and UC Davis.

Special Guests

Jeni Olsen is the founder and executive director of Teens Connect, an organization that engages and empowers teens through collaborative programs centered around art and wellness, peer mentoring and volunteer projects.

Rob Weiss is the executive director of Mentis, an organization that provides professional mental health services throughout the county to people of every age, stage and income level.

For more information, call 707.963.6208

Performing Arts Center

St. Helena High School | 1401 Grayson Avenue | St. Helena

Sponsored by the St. Helena Hospital Foundation Board of Ambassadors.

Join us at this free community forum for youth and adults to learn more about the signs, symptoms and treatment options for teen depression and anxiety.



ST. HELENA HOSPITAL FOUNDATION