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## Sac State Symposium on Mental Health and Suicide Prevention

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david@namisacramento.org <david@namisacramento.org>

Wed, Mar 23, 2016 at 11:23 AM

*Through awareness, comes change!*



### Sacramento State Symposium on Mental Health and Suicide Prevention

The symposium will introduce attendees to ***It's Dark Here***, a true story based on the lives of David, Linda and Jason Tennes. In 2010, Jason spiraled downward into the darkness of schizophrenia while his parents, David and Linda, attempted to find the help that he needed using the challenging system that is in place today.

At the film's conclusion, the symposium will culminate with a panel discussion of professionals from the mental health and education communities, as well as David and Linda Tennes. The goal of the symposium is to put a face on mental illness and promote change through thoughtful discussion.



### PANELISTS

**David and Linda Tennes** - Surviving parents and It's Dark Here screenwriters

**Joseph H. Obegi, PsyD** - Clinical Psychologist with the CA Dept of Corrections

**Diane Mintz** - Author, NAMI Sacramento speaker and survivor

**Rebecca Mejia** - Student, Member of NAMI on Campus and survivor

**Darren Smith, PsyD** - Psychologist, SHCS Counselor at Sacramento State University

**Location:** Hinde Auditorium (1st floor of the Student Union)

**Date:** Saturday, April 2nd, 2016

**Time:** 4-8PM

**Cost:** **FREE!**

**Best place to park is Parking Structure III (PSIII) although there may be a ticket cost for parking. Click here for a map: [Campus Map](#)**

For more information, contact the campus NAMI club at:

[Sac State NAMI on Campus Club](#)

[Click here to reserve your seat!](#)

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