

DETOUR: MY ROCKY ROAD BACK TO [MENTAL] HEALTH

“It all started the day after I was accepted for early admission to Columbia University. I was 17. I don’t remember everything that happened; some events I blocked out. And I suppose it didn’t start on that exact day. What started that day was an episode so horrific that for the rest of my life it would be impossible for me to deny that I had a mental illness.”
(Detour, Lizzie Simon)

Engage in a new conversation about the mental health of our teens.

Experience one meaningful story of discovery and learn important coping skills.

Discover the daily rituals that will allow your teen to lead a balanced life.

Featured speaker **Lizzie Simon** was diagnosed with bipolar disorder when she was 17, and she traveled across the country to interview people with bipolar disorder and published DETOUR when she was 23. A writer of twenty-five video segments for the website Web MD, Lizzie has worked with MTV, where she was a consultant and field producer on a one-hour documentary, True Life: I’m Bipolar. She has been featured on CNN, The Connie Chung Show, The Judith Regan Show, and NPR.



**Wednesday,
March 3
7:30 p.m.**

**Heritage Middle School
20 Foxcroft Drive
Livingston**

FOR MORE INFORMATION:
Contact Pam Chirls 973-422-0349 or
Jane Hecht 973-992-2986

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