



SAMHIN in association with **Gurudwara Dashmesh Darbar** presents:

SAMHIN

December 4th, 2022
11 am - 4 pm

Gurudwara Dashmesh Darbar
800 Port Reading Ave, Port
Reading, NJ
www.DashmeshDarbarNJ.org



Mental Health Screening

Join us if you:

- ✓ Experience **stress, tension, sleep** difficulty, excessive **worry**, feelings of **depression**
- ✓ Have questions about **how to help a loved one** with their stress, tension, drug use, or alcohol use
- ✓ Are looking for help if you or someone you know has problems with **drinking or tobacco use**
- ✓ If you have any **questions**, need advice, or want to learn about **mental health, addiction, and available treatments**



For More Info:
732-541-6000