



# "DON'T CALL ME NUTS!"

a talk by Tory Masters, Certified Peer Specialist



**Tory Masters**, founder of the East End Mood Disorder Support Group which meets weekly at Stony Brook Southampton Hospital, will speak about her journey from despair to health and why she chooses to talk about it openly and with pride. Masters will emphasize the fact that mental illness is

highly treatable and that with the right therapeutic, holistic and peer support, a meaningful recovery is achievable.

**TUESDAY, OCTOBER 9, 2018**  
**7:00 PM**

St. Ann's Parish House, 2463 Montauk Hwy. Bridgehampton, NY  
A **FREE** event, no registration required

Presented by the East End Mental Health Awareness Initiative,  
a collaborative committee of East Hampton and Southampton Town residents.  
In coordination with



Follow this link for other presentations across Long Island.  
<http://mhaweek.org>

One in four Americans is diagnosed with a mental health disease  
and four out of five of us know someone who is affected.

**We can all benefit by knowing more!**