



Mayor Derek Armstead, the City of Linden, the Linden Board of Health, and Attitudes in Reverse announce:



Free Mental Health Public Assembly

School #1 Gymnasium, 720 N. Wood Ave



Monday | May 1, 2023



5:30-6:30 “In Their Shoes”™ exhibit

6:30-7:30 “Coming Up For Air”™ presentation

The “In Their Shoes”™ exhibit consists of 277 pairs of shoes, each representing a New Jersey youth age 10 through 24 who lost their life to suicide from 2014 through 2016. This exhibit lets everyone, and especially young people, know that they are not alone in their struggles, and encourages them to seek help. The exhibit also increases understanding, empathy, and kindness towards those who might be struggling in silence. The shoes have been donated by people from all walks of life, including some from celebrities like Gaten Matarazzo (Stranger Things), Jensen Ackles and Jared Padalecki (Supernatural), Mark Wahlberg, Glenn Close, and others.

“Coming Up For Air”™ is a 60-minute honest conversation by Attitudes in Reverse (AIR) founder Tricia Baker about mental health disorders, stigma associated with mental health disorders, warning signs of suicide, and what those who are looking for help for themselves or others can do. Certified therapy dogs from AIR will also be present.

In addition, there will be handouts and giveaways – all members of our community are invited!

Please call the Linden Health Department at 908-474-8409 for more information.