

# Noah Langholz '14 Memorial Lecture\*

WESLEYAN  
UNIVERSITY



## From Restraints to Recognition: Thriving with Mental Illness

Join Melody Moezzi ('01) as she speaks about living with mental illness and the broader impact of stigma. She will share her experiences living with bipolar disorder from her unique perspective as an Iranian-American Muslim feminist writer, attorney and activist thriving despite (and because of) a serious mental illness. Moezzi will also speak on seeking help and cultural barriers to care, among other issues. She will sign copies of her memoir, *Haldol and Hyacinths: A Bipolar Life*, which will be available for purchase after the talk. Free admission.



### Tuesday, April 7, 7:00 PM

Daniel Family Commons in the Usdan Student Center



**Wesleyan Counseling  
and Psychological  
Services (CAPS)**

\* From Noah's Family: "Noah loved his many friends at Wes. He stopped seeking help with depression and anxiety as his condition worsened, and he took his life in 2013. This did not have to be. If you are in terrible pain, please tell someone. If your friend is in crisis, please don't ignore their odd behavior – listen, intervene, and tell someone who can help. Know the signs. Cherish your lives; it gets better. Pass it on."