



*Excellence in Employee Support Services*

## **Carebridge Webinar** **Beyond Blue:** **Understanding Mental Illness**



Caring for one's mental health is a fundamental component of well-being. When mental health ailments develop, it can be difficult to know what to do. Fortunately, the stigma of mental health is slowly fading. You can help become an advocate by learning about the influencers for promoting positive mental health, recognizing the symptoms of common mental health disorders and countering misbeliefs about mental health. In addition, you'll learn where to turn for your own assistance or to help someone else.

**Date:** Tuesday, May 18, 2021

**Time:** 12:00pm—1:00pm EST

**Click to Register:** [https://carebridge.zoom.us/webinar/register/WN\\_en-JHJFnQDOWpbCYQQ1jHA](https://carebridge.zoom.us/webinar/register/WN_en-JHJFnQDOWpbCYQQ1jHA)

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