

EMPLOYEE ASSISTANCE PROGRAM

This month's live webinar:

HOW TO BE A MENTAL HEALTH ALLY IN YOUR PERSONAL AND WORK LIFE



**Wednesday,
September 13
11:00 a.m.**

**How to be a Mental Health Ally in Your
Personal and Work Life**

- Define what it means to be a mental health ally
- Learn how to help someone who is struggling
- Discuss how to foster a positive environment