

EMPLOYEE ASSISTANCE PROGRAM

# TEENAGER AND YOUNG ADULT MENTAL HEALTH AWARENESS



**Wednesday,  
February 14  
11:00 a.m.**

**In this webinar you will learn how to:**

- Describe mental health versus mental illness
- Discuss common challenges with teens and young adults
- List ways parents and loved ones can help

The webinar will be recorded and posted on your Employee Assistance Program website, [eap.calhr.ca.gov](https://eap.calhr.ca.gov).