

OCTOBER 10TH IS

# WORLD MENTAL HEALTH DAY

World Mental Health Day is observed on October 10<sup>th</sup> each year. The following webinar is presented by the World Federation for Mental Health as an opportunity to make people aware of the importance of their own mental health.

Everyone has a part to play in reaching this goal. To commemorate this day, Workplace Solutions in partnership with Workplace Options is offering an exclusive learning event designed to help educate and inspire attendees to make a difference.

***Mental Health – Making a Difference Together***  
**Registration URL:**

Oct 10<sup>th</sup> – 3:00 p.m. – 4:00 p.m. **EDT**  
<https://attendee.gotowebinar.com/register/8890747080697752835>

**This session will include:**

- Understanding key terminology
- Exploring the reality of stigma and taboo
- Recognizing self-stigma
- Challenging unconscious bias
- Learning positive communication strategies
- Establishing ways to contribute to an inclusive work environment

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