

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



Allies create safe spaces for others to discuss their mental health challenges.

Register for this [live webinar](#) on Wednesday, September 13 at 1:00 pm CT to:

- Discuss what it means to be a mental health ally.
- Learn how to show understanding and compassion to those who may be struggling.
- Foster a positive environment that supports those needing help.

**All live webinars are recorded and posted on your member website.*

Visit your member website for more information.