Mental health issues are often hidden in the shadow of stigma. In this seminar, we'll shed light on the myths and misconceptions around mental health. We'll look at the obstacles that can stand in the way of getting treatment, and discuss how to overcome them. Learn how you can get support when you need it, and be a support for others.

Wednesday, May 5, 2021
2 pm ET / 1 pm CT / 11 am PT

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