

IN

OCTOBER 10TH IS
**WORLD
MENTAL
HEALTH
DAY**

By embracing the theme "**Mental Health is a Universal Human Right**," we are taking a stand against inequalities and injustices that still persist in the realm of mental health. We aim to raise awareness about the disparities that exist in access to mental health services and advocate for policy changes that prioritize mental wellbeing.

The ***Empowering Minds, Changing Lives: Championing Mental Health Rights*** webinar is pre-recorded and will be available on the CCA@YourService website under Online Seminars beginning Tuesday, October 10th.

Participants will benefit by the following:

- Understanding mental health as a universal human right.
- Addressing the stigma and discrimination faced by individuals with mental health conditions as well as how to eliminate these barriers.
- Exploring the role of colleagues and managers in promoting mental health rights and creating a supportive work environment.
- Discussing the role of communities in championing mental health rights.
- Highlighting the importance of self-care practices, building resilience, and nurturing positive mental health habits.

JOHNS HOPKINS
UNIVERSITY & MEDICINE

**Johns Hopkins Employee
Assistance Program (JHEAP)**

Anytime, any day, you have free, confidential access to professional consultants and online resources to support your overall wellbeing.

**COUNSELING SERVICES REQUEST
FORM: cca.eapintake.com**

ACCESS LINE: 888-978-1262

WEB: www.myccaonline.com
Company Code: JHEAP

APP: CCA@YourService
Access Code: JHEAP

