

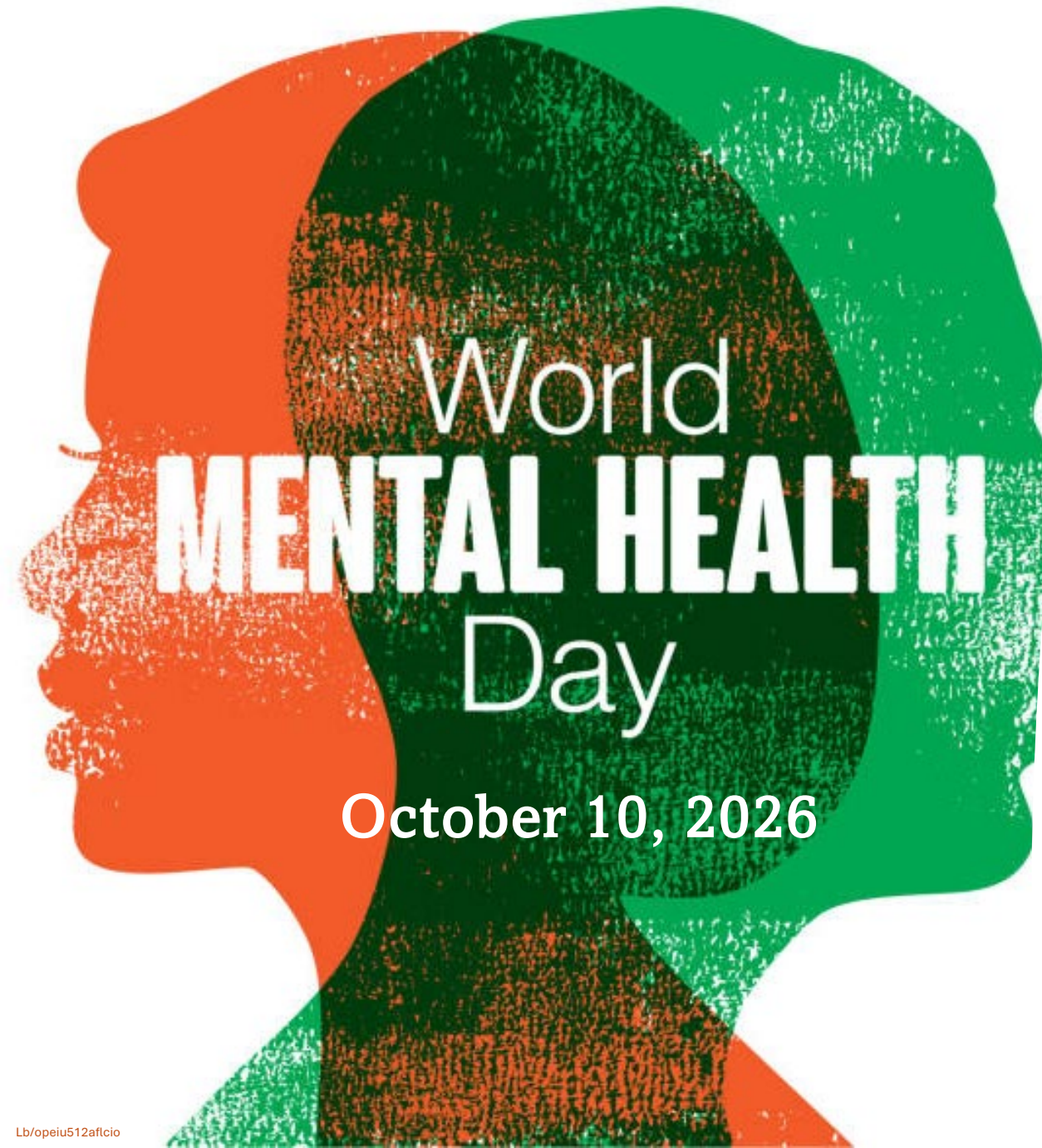


WORLD MENTAL HEALTH DAY

Oct. 10 is World Mental Health Day! It was established to:

- Raise awareness of mental health issues worldwide
- Encourage support, education, and advocacy for mental wellbeing

For World Mental Health Day info and free, confidential counseling resources, contact your local ESSP Representative or CDR/EAP Agency, or visit the WHO website.



Hourly:
carelon
Behavioral Health



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lyra
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World Health
Organization

