



YOU'RE INVITED

MENTAL HEALTH AWARENESS - REDUCING THE STIGMA

VIRTUAL SEMINAR

Mental Health is an important part of your overall wellness. Good mental health allows you to cope with stress, have positive relationships, be productive and enjoy life.

As part of a nationwide effort to reduce stigma and offer tools to help with a mental health problem or crisis, NFP is pleased to invite you to join us for this upcoming virtual seminar during Mental Health Awareness Month!

This seminar will teach you how to properly support coworkers, friends, and family at the early stages of mental health challenges and crises.

This session has received HRCI approval for CE credits. Those present for the entirety of the webinar will receive certification within one week following the seminar.

MEET THE HOST



Doreen Davis
SVP Well-Being & Engagement, Atlantic Region, NFP

NFP is proud to host ongoing Well-Being sessions to support our clients and our own employees.

MEET THE SPEAKER



Kyla Montes
Program Manager
Atrium Health

Kyla has been a part of Atrium Health since 2008, beginning her journey with the Atrium Health Employer Solutions team in 2013. Kyla is also an instructor for the national Mental Health First Aid (MHFA) program, including the youth and adult versions, and is recognized as a top MHFA instructor for Atrium Health. Kyla holds a Bachelor of Science from the University of North Carolina at Charlotte, and is currently seeking her master's degree in applied psychology.

WHEN

Thursday, May 11, 2023
Noon – 1:00 p.m. ET

HOW TO REGISTER

Visit go.nfp.com/mental-health-stigma or scan this code with your phone!



This session is open to all NFP clients and clients' employees. It will be recorded and made available to registrants who are unable to attend.

QUESTIONS?

Email NFP's Atlantic region Well-Being team at NFPSEWellbeing@nfp.com

