

# WORLD MENTAL HEALTH DAY 2021

October 10<sup>th</sup>



Over the past months there has been a renewed awareness that the mental health of all citizens is a high priority. Support for mental health services should be available and accessible to all, and together, we can make the difference by routinely asking each other, “Are You Okay?”

This year, for World Mental Health Day 2021, we have built off the World Federation of Mental Health theme “Mental Health in an Unequal World” with a free, on-line recorded seminar entitled **“Mental Health: Real, Personal, and Transformative.”**

The ***Mental Health: Real, Personal, and Transformative*** seminar is pre-recorded and will be available on Sunday, October 10<sup>th</sup>. Go to the EAP Coverage Page on [myCigna.com](http://myCigna.com) and use the Home Life Referrals link to access the online seminar.

The webinar will be available for quite some time after, so you can choose a time and day to view that works best for you.

#### **This session will include:**

- › Knowing how to be an agent of change for mental health
- › Normalizing conversations about mental health
- › Exploring ways to access mental health support and provide support to others
- › Learning how people, groups and movements around the globe promote mental health in different ways

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