

# How to be a Mental Health Ally in Your Personal and Work Life



Allies create safe spaces for others to discuss their mental health challenges.

Register for this live webinar on Wednesday, September 13 at 1:00 pm CT to:

- Discuss what it means to be a mental health ally.
- Learn how to show understanding and compassion to those who may be struggling.
- Foster a positive environment that supports those needing help.

*\*All live webinars are recorded and posted on your member website.*

Visit [MagellanAscend.com](https://MagellanAscend.com) or call your Employee Assistance Program at 1-866-580-9046 (TTY 711) for helpful resources.

