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Mental Health Month Recap:

Winners & Webinar Recordings



In the spirit of Mental Health Month, we organized a series of webinars dedicated to raising awareness, offering support, and empowering individuals to prioritize their mental well-being. We are thrilled to announce the winners of these insightful sessions and provide you with access to the webinar recordings. Read on for a recap of the highlights!

We'd like to extend our heartfelt congratulations to the winners of our Mental Health Awareness webinars:

- Joseph Barragan
- Elisha Fenwick
- Tony Foley
- Elizabeth Gils Carbo
- Katherine Leckey

We applaud these individuals for their active participation and commitment to mental health awareness. Well done!

For those who couldn't attend the webinars or wish to revisit the sessions, we are pleased to share the recordings with you. These recordings encapsulate the valuable insights, coping strategies, and information presented during the webinars.

Mental Health First Aid in the Workplace

Watch Now

Supporting a Loved One with Substance Use Disorder

Watch Now

Creating an Empowerment Mindset

Watch Now

Understanding Anxiety

Watch Now

Thank you for your active participation and dedication to mental health awareness. Stay tuned for future initiatives and events aimed at supporting your well-being.

#SupportNotStigma