

# MIIA EAP Professional Development Training

**Date:**

Thursday, March 10, 2022

**Time:**

10:00-11:00am

**Presenter:**

Steven Bernstein, LMHC, CEAP

**To Register, click on below link:**

<https://attendee.gotowebinar.com/register/5232670812461004816>

## Mental Health Awareness

According to the Center for Disease Control, in the United States, almost half of adults will experience a mental illness during their lifetime. The more we understand about psychological disorders – the mind – the better equipped we are to address concerns and get support. In this session we will explore signs and symptoms of the more prevalent conditions, how to address someone you may be concerned about, and the landscape of treatment resources. All with an eye towards overcoming the mental health stigma and normalizing this growing conversation.

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