

The Mental Health Promotion Action Team at  
United Way of Broward County's Commission on Behavioral Health & Drug Prevention  
presents:

# CHAMPIONING MENTAL HEALTH IN OUR COMMUNITY

Wednesday, May 19<sup>th</sup> | 7:00 PM - 8:30 PM



In honor of **Mental Health Awareness Month** in May, join us virtually to learn about the fundamentals of mental health and illness.

Topics covered by presenters will include defining mental health and well-being, ending stigma and dispelling myths about mental health conditions, understanding depression and other conditions, concerns affecting specific populations, suicide prevention, and mental health resources.

Let's all be **Mental Health Champions** in our community!

Free & Open to All! Please register at:

[UnitedWayBroward.org/ChampioningMentalHealth](https://UnitedWayBroward.org/ChampioningMentalHealth)

For more information, please contact [ccohen@UnitedWayBroward.org](mailto:ccohen@UnitedWayBroward.org).

