

# Join Us for this Month's Presentations

## Webinars



### October Webinar:

- ▶ How to Deal with Depression in Your Family
- ▶ [Sign up](#) for an email alert when the webinar is available

## Support Sessions



### World Mental Health Day - October 10, 2023

- ▶ [Recognizing & Addressing Mental Health Issues \(for Managers\)](#) • 12 p.m. EDT  
Session Password: MUCeWnQD254
- ▶ [Recognizing & Combating Mental Health Issues](#)  
2 p.m. EDT • Session Password: Ycd7hyMpr37

## Podcasts



### OnTopic with Empathia

- ▶ Episode 11: [Receiving a Cancer Diagnosis with Jessica Storm, Part 2](#)
- ▶ Episode 16 (Special Edition for World Mental Health Day): [Mental Health Around the World, Part 1](#)

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