

Join us for a free, online learning event.

# WORLD MENTAL HEALTH DAY 2021

Over the past months, there has been a renewed awareness that the mental health of all citizens is a high priority. Support for mental health services should be available to all, and together, we can make a difference by routinely asking one other, “Are you okay?”

Learn more about how to be a change-agent for mental health inclusion and accessibility. Join a free, on-demand webinar: **Mental Health: Real, Personal, and Transformative.**

Available starting 10/10/21 as a pre-recorded webinar on the CCA@YourService website, the session will address:

- Normalizing conversations about mental health
- Exploring ways to access mental health support and provide support to others
- Learning how people, groups and movements around the globe promote mental health in different ways

## CCA@YourService

Anytime, any day, you and your family have free, confidential access to professional counseling for any issue that’s on your mind, as well as provider location and referrals for everyday needs.



24/7 TOLL-FREE:  
**800-833-8707**

WEBSITE:  
[www.myccaonline.com](http://www.myccaonline.com)

COMPANY CODE:  
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