

GrapeVine Unit

Mental Health: What if We Talked About It?

FREE

This one-hour session will emphasize mental health as an important part of overall wellness. By having an open conversation about mental health, we hope to remove stigma and encourage important action.

This session will cover:

- Mental health as an important part of whole health
- Ways in which mental health can be affected (mental health disorders)
- Caring for mental health
- Seeking professional help

Handouts on the topic will be available for participants at end of the session.

GrapeVine is a program of the Wisconsin Women's Health Foundation