

# MENTAL HEALTH

## *in a Changing World*



Learn how the changing world affects mental health, how to build coping skills, and where to find help, in this Mental Health Awareness Month presentation with EACC Counselor Hallie Keel, LPC.

### **WHEN & WHERE:**

**Wednesday, May 15, noon-1 p.m., via Zoom**

### **WHO:**

Program is free and open to all UAB, UAB Medicine, VIVA Health, Homewood and Trussville City Schools and i3 Academy employees and members of their immediate household.

### **REGISTRATION:**

Go to [go.uab.edu/EACC-Calendar](https://go.uab.edu/EACC-Calendar) and select "Mental Health In A Changing World" to register. *To request disability accommodations, email [HRAWARE@uab.edu](mailto:HRAWARE@uab.edu).*



EMPLOYEE ASSISTANCE  
& COUNSELING CENTER

The University of Alabama at Birmingham

*A MHR Point-Earning Opportunity*

**MY HEALTH REWARDS**

[uab.edu/myhealthrewards](https://uab.edu/myhealthrewards)