



# FROM STIGMA TO UNDERSTANDING: Challenging Mental Health Myths

**Date:** Wednesday, 27th August

**Time:** 11am - 12pm (GST; Dubai)

This is a 45-min talk, followed by 15 mins for Q&A and discussion.

## ABOUT THIS WEBINAR:

Challenging misconceptions about mental health is pivotal for fostering a compassionate and informed society. When these misunderstandings persist, they deter individuals from seeking the support they need. Misconceptions can paint an inaccurate picture of what mental health conditions entail, leading to a lack of empathy and understanding from peers, employers, and even healthcare professionals. By actively addressing and rectifying these myths, we can pave the way for more effective interventions, promote early detection and treatment, and ensure that everyone who is struggling with their mental health is met with understanding and support.

## ATTENDEES WILL LEARN:

- What mental health is, and what it is not
- Why it is important to address mental health misconceptions
- Key misconceptions about mental health conditions and their consequences
- The facts about mental health and mental health conditions
- Ways to Challenge and Change Misconceptions
- Ways for individuals to care for their mental/emotional hygiene and protective factors

## FACILITATED BY:



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