



# YOUR MIND MATTERS

## Fundamentals on Understanding Mental Health

**Date:** Wednesday, 8<sup>th</sup> October

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

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

***What is mental health? What is the difference between good mental health vs. developing a mental health disorder like depression,*** and how do we discern between the difference of a few sad days vs. depression? Would you be able to identify if someone you love or work with was becoming emotionally unwell?

### ABOUT THIS WEBINAR:

Your Mind Matters is an eye-opening and foundational seminar that equips people with an understanding of what mental health is, and what it really looks like. It takes a closer look at why there is a worldwide epidemic of poor mental health and empowers individuals on how to safeguard their wellbeing. It is a starting point to begin having critical dialogue around mental health in your personal and professional life.

### FACILITATED BY:



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CLINICAL SOCIAL WORKER  
Crisis and Trauma Support Services, Director

REGISTER: [lighthousearabia.com/events](https://lighthousearabia.com/events)

Instructions for how to join this webinar will be shared separately in advance.

