



DOWNSTATE
HEALTH SCIENCES UNIVERSITY

Employee Assistance Program (EAP) Wellness Webinar



“Mental Health 101”

Monday, June 16, 2025

11:00am- Noon

Mental Health 101 offers an accessible introduction to what mental illness is, how to recognize and support those living with a mental illness, as well as how NAMI-NYC’s peer-led programs can best serve your colleagues, clients, and community.

Talking about mental illness can be difficult, but these are often the most important conversations to have. Mental Health 101 provides an open platform to air any questions you might have about mental health conditions.

Please follow the link to register: <https://zoom.us/meeting/register/hORrNdQZRk6gMIoZ9PeRzg>

Presenters:

Frances Green
Community Outreach Specialist
National Alliance on Mental Illness of New York City (NAMI-NYC)

For more information, contact Magda Alliancin, EdD, CEAP, email: magda.alliancin@downstate.edu