

Early signs matter

This Mental Health Awareness Month, we're focusing on the subtle changes in mood, energy or focus that can be easy to brush off. Mental health needs build over time, and early on, those needs are often unclear and easy to dismiss. This is especially true for young people, whose experiences and pressures change quickly, as well as for the adults supporting them.

We've teamed up with Calm Health to bring you a range of resources – including a series of accessible webinars – to help you and your loved ones to understand your rhythms and to strengthen your mental wellness.

VIRTUAL EVENT

Silence to Support: Navigating Depression and Anxiety with Compassion

May 13 at 12:30 PM PT / 3:30 PM ET

Join Calm ambassador Raymond Braun, NAMI ambassador Josh Bassett, and Kaiser Permanente psychiatrist Dr. Asha Patton Smith for a powerful conversation about recognizing mental health symptoms in yourself and your loved ones and sensitively navigating conversations around the subject.

[SAVE YOUR SEAT](#)

VIRTUAL EVENT

Early Signs Matter: Strategies for Supporting Youth Mental Health

May 20 at 10 AM PT / 1 PM ET

Chief Wellbeing Officer for Children's Mercy Kansas City Dr. Angie Myers and child and family psychologist Dr. Alison Stoner will discuss the economic impact of youth mental health on the workplace, strategies for supporting young people and working parents, and building an organizational culture that prioritizes mental health.

[SAVE YOUR SEAT](#)