

4MIND4BODY

LUNCH AND LEARN

All sessions available via webinar. Pre-registration required. [Click here for more information](#)

Men's Mental Health

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Presented by Optum Health, join Partners for Health for the Men's Mental Health webinar, **Wednesday, June 12, from 11:30 a.m. to 12:30 p.m. CT**

Mental health is essential for a happy and full life, yet there is often a lack of awareness and understanding of how men experience mental health. Perceptions of masculinity, gender stereotypes and stigma can make it harder for men to recognize when they might need support. As a result, there's a disproportionate difference between the number of men experiencing mental health disorders and those seeking treatment. This session will unpack the key components of psychological wellbeing for men, delving into some of the societal norms that disempower men from accessing help.

Preregistration is required. Session will be recorded and available a few days after the session.