

# FrankChat



## *Navigating Mental Health: Obstacles and Opportunities*

**Description:** Please join the USF Counseling and Wellness Department and Office of Institutional Diversity as we discuss tools and strategies for navigating mental health challenges during these unprecedented times. There is often a stigma to reaching out to people and asking for help but we have seen the demystification of this process through examples provided by Simone Biles and Naomi Osaka among others. Join us as we chat about obstacles, opportunities, and the many intersections that affect a person's decision to get assistance.

### **Details:**

- Friday, November 19, 2021
- 1:00 p.m.
- San Damiano Hall – Motherhouse 3<sup>rd</sup> Floor

**Registration:** Is not required. This program is free and open to everyone. For anyone that cannot attend, please reach out to Mary Ann Andrade-Bekker, Director of Counseling and Wellness at [mandrade@stfrancis.edu](mailto:mandrade@stfrancis.edu) for additional resources and assistance.

If you have questions, please email Allison Heard, Director of Institutional Diversity at [aheard@stfrancis.edu](mailto:aheard@stfrancis.edu).