



In recognition of Mental Health Awareness Month in May, we invite you to join us for an insightful roundtable discussion where you will gain valuable insights from our esteemed panel of mental health experts from **Spring Health**.

**Agenda:**

- Engage in a live Sage training session focusing on emotional hygiene
- Learn how to define well-being for yourself
- Discover how to recognize the signs that your mental health may be suffering
- Learn simple interventions to use at work and home to keep you well

**MEET OUR HOST**



**Doreen Davis**  
 SVP Well-Being & Engagement, Atlantic Region, NFP

**MEET OUR PANELISTS**



**Amy Cirbus, PhD**, is the Director of Clinical Content at Spring Health. She is a multi-state licensed Mental Health Counselor with 23 years of experience in direct clinical care, clinical supervision, consultation, leadership and development, and marketing leadership for virtual mental health care. She is dedicated to improving access to individualized and inclusive mental healthcare.



**DeDe Alexander, LPC-S**, is the Director of Clinical Partnerships at Spring Health. She embodies a lifelong commitment to public service, having served with AmeriCorps VISTA, Habitat for Humanity, Dallas MHMR, and the Dallas County Juvenile Department. She passionately advocates for mental health awareness, voting rights, and criminal justice reform and focuses on assisting marginalized populations, particularly survivors of trauma.



**Neal Kennington, PhD**, is the Director of Clinical Partnerships at Spring Health. He is an accomplished clinician with over 14 years of experience in behavioral health. He specializes in psychological assessment, trauma, and anxiety disorders and has extensive experience providing individual and group therapy. In addition to his professional experience, Neal has spent the past 18 years raising a neurodivergent son (ASD).

**VIRTUAL WEBINAR**  
**WHAT'S THE STATE OF YOUR MENTAL HEALTH?**  
 Recognize how you're *really* doing and learn strategies for staying healthy.

**WHEN**

Tuesday, May 14, 2024  
 Noon – 1:00 p.m. ET

**HOW TO REGISTER**

Visit [go.nfp.com/mental\\_health\\_state](https://go.nfp.com/mental_health_state) or scan this code with your phone!



**WHO CAN ATTEND?**

This free session is open to all NFP clients and their employees, as well as NFP employees. It will be recorded and made available to all registrants.  
*\*HRCI approval for CE credits is pending for this webinar.*

**QUESTIONS?**

Email NFP's Atlantic region Well-Being team at [NFPAtlanticWellbeing@nfp.com](mailto:NFPAtlanticWellbeing@nfp.com)