

# Mental Health 101

January 31  
11:00 AM - 12:00  
PM EST  
Free via Zoom



Presented By:

Pooja Mehta  
Founder and CEO of Tarang

Mental Health is an increasingly common topic, but what does it actually mean? Join us for an informational webinar, where we will share

- General information about mental health and mental health conditions
- How to identify and engage with someone who may be struggling and
- Resources available to North Carolina's AAPI community



**Registration Required:**  
[tinyurl.com/TarangJanMH101](https://tinyurl.com/TarangJanMH101)

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