



Ask the Doctor: Let's Talk Mental Health

with Presenter Gail Smith

**Wednesday, September 22
11:00 AM - 12:00 PM CT**

Studies show that behavioral problems, such as depression, can contribute to heart disease. Many physical conditions can worsen with stress, substance use and other behavioral health issues. This seminar will discuss various mental and behavioral health issues, coping strategies and how EAP can help.

[Recording Now Available](#)
[Click Here](#)