



World Mental Health Day

Rotarians - Make a Difference with Mental Health!



Drew Kessler

2022-2024 Rotary
International
Director



Gordon R. McNally

2023-2024 Rotary
International
President



Chuck Ingoglia

President and CEO
National Council
for Mental
Wellbeing



Dr. Valerie Grdisa

Chief Executive Officer
Canadian Mental Health
Association, Simcoe
Country Branch



Collyer Smith

Rotary District
6380 Governor



Madine Despeine-Udoh

Director of Self Help,
Advocacy and Education
Mental Health Association,
Parsippany, NJ



Bonnie Black

Founding Chair of
Rotary Action
Group on Mental
Health Initiatives



Discussions & Insights

- State of Mental Health in US and Canada
- How Rotarians can become engaged in addressing mental health

- Practical strategies for Districts and Clubs to reduce stigma
- Opportunities to raise awareness of mental illness and substance use disorder
- The importance of self-care and self-awareness, even as a busy Rotary leader



7:00 - 8:30 PM ET / 4:00 - 5:30 PM PT

10 October, 2023



Link Registration: <https://portal.clubrunner.ca/50077/>