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Stigma-Free UC



Stigma-Free UC is a one year awareness initiative in support of UC faculty and staff's emotional wellbeing. With monthly programming, informative webinars, discussions, links to resources and more, Stigma-Free UC fosters open, positive discussions about mental health.

Ultimately, we strive to promote compassion and empathy by listening, educating ourselves and developing an understanding of this complex and often misunderstood topic.

UPCOMING EVENTS

[Stigma-Free UC: Finding Your Words](#)

EVENT RECORDINGS

[Video: Stigma-Free UC: Suicide — Understanding and Eliminating Stigma](#)

[Video: Stigma-Free UC — Helping doctors stay well](#)

[Video: Stigma-Free UC — The Mark of Shame](#)

[Video: Stigma-Free UC — The neglected addict](#)

[Video: Stigma-Free UC — The effects of stigma on public health](#)

[Video: Stigma-Free UC — What is mental health awareness and what can we do better?](#)

[Video: Stigma-Free UC — Mass shootings, firearms and the mental health system](#)

[Video: Stigma-Free UC: Positive Psychology — Tools to Support Resilience, Wellbeing and Creative Achievement](#)

Stigma-Free UC: Finding Your Words

Tuesday, January 8, 2019



Having a discussion on depression can be challenging – knowing when and how to approach this topic can be a struggle. Kaiser Permanente’s [Find Your Words](#) initiative is designed to end the stigma that keeps people silent about mental health, encouraging all of us to talk about mental health without fear and judgment, ask for help if we need it, and help others get the support they need.

Join us on Thursday, Jan. 24 at 11 a.m., to hear Yener Balan, MD, executive director of Behavioral Health for Kaiser Permanente, Northern California, present a webinar about [Find Your Words](#). During our discussion, Balan will explain the importance of starting conversations about mental health and share tips about what to say and what *not* to say to someone experiencing depression.

All UC faculty, staff and students are invited to attend the webinar, which continues the [Systemwide WellBeing Initiative’s “Stigma-Free UC” effort](#) to raise awareness about mental health issues and reduce barriers to treatment. More information about UC’s behavioral health benefits, including free services through faculty and staff assistance programs, is available on [UCnet’s behavioral health page](#).

The live webinar will be held on Thursday, Jan. 24 from 11 a.m. to noon. Simply go to UCOP.zoom.us/j/5109879443. To listen by phone, dial 669-900-6833; meeting ID: 510 987 9443.

See also, announcement in TABL of past January 17, 2019