New Jersey Governor's Council on
Mental Health Stigma
Eliminating Stigma to Ensure Equity for All

WEBINAR

It's Okay to Ask for Help:

Reducing Mental Health Stigma among Older Adults and Caregivers

The New Jersey Governor's Council on Mental Health Stigma will host a special virtual webinar, focused on reducing mental health stigma among older adults and caregivers while strengthening social connection and support. As part of its ongoing work to reduce stigma across New Jersey, the Council **is exploring what organizations can do differently to create environments where it is safe to ask for help, address isolation and loneliness, and connect people to available resources.**

SAVE THE DATE

December 1, 2026
10:30 a.m. to noon



PARTICIPANTS WILL LEARN

- Why mental health challenges are not a normal part of aging
- How stigma can prevent people from seeking support
- How communities and organizations can foster connection, well-being, and help-seeking among older adults and caregivers

REGISTER AT:

app.asforms.net/api/as/e3q4r8
or scan the QR code

For more information, please contact:
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NEW JERSEY PROUD TO BE STIGMA-FREE