

**Webinar: Mental Health Tools You Can Use**

**Wednesday, October 18, 2023**

**10:30 to 11:30 a.m.**

**Option to stay for networking session from 11:30 a.m. to noon**

Agenda	Presenter
<p><b>Welcome and Introductions</b></p>	<p><b>Kristen Stoimenoff</b> Washington Wellness Program Manager Washington State Health Care Authority</p>
<p><b>What mental health is and why it is important</b></p>	<p><b>Carolyn Thayer-Azoff</b> Mental Health and Well-Being Lead, Consultant</p>
<p><b>What each health plan offers for mental health support</b></p>	<p><b>Health Plans</b> Kaiser Permanente NW, Kaiser Permanente Washington, Uniform Medical Plan, and Premera</p>
<p><b>Supplemental Mental Health Support</b></p> <ul style="list-style-type: none"> <li>• Employee Assistance Programs</li> <li>• Mental Health technology tools</li> </ul>	<p><b>Mandy LeBlanc</b> Health Promotion Consultant Washington State Health Care Authority</p>
<p><b>Questions and Answers/Networking time</b></p>	<p><b>Washington Wellness Team</b> Health Care Authority and Panelists</p>