


# BREAKING BARRIERS: DISMANTLING MENTAL HEALTH STIGMA IN DIVERSE COMMUNITIES

Join us for a powerful and transformative event dedicated to mental health awareness and equity in diverse communities. Together, we will challenge stigma, foster understanding, and advocate for culturally competent care for all.

# Let's Break the Stigma



**FREE** FREE ADMISSION &  
DINNER PROVIDED!

 Date: May 7, 2025

 Time: 5:30 P.M. - 8:00 P.M.

 Location: The University of Baltimore

## Highlights:

Let's create a world where  
mental health is understood,  
accepted, and supported!

***Sponsored by:***

*The Human Services  
Administration (HSA) Club &  
Upsilon Phi Delta Honor Society*

- ✔ Expert-Led Discussions – Hear from leading mental health professionals
- ✔ Support & Resources – Connect with organizations dedicated to mental wellness
- ✔ Q&A with Experts – Get your questions answered by specialists
- ✔ Stigma Reduction Strategies – Learn actionable steps to combat mental health stigma
- ✔ Networking Opportunities – Build connections with advocates and professionals

## Register Now



UNIVERSITY OF  
BALTIMORE

**School of Health and Human Services**



Email: AWeisman@ubalt.edu