



# WORLD MENTAL HEALTH DAY

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## LA JOURNÉE MONDIALE DE LA SANTÉ MENTALE



### In This Together on World Mental Health Day

*FREE virtual event for young adults aged 18-24*

Are you a young adult, or do you have any young adults in your life?

**Join us to learn about the best ways to look after your mental health and that of others!**

The Royal, supported by the Royal Bank of Canada and in collaboration with Ottawa's universities and colleges, is hosting a special event in advance of World Mental Health Day. This event has been designed for young adults, as well as people who support them.

This **FREE** event experience will be interactive, and feature dynamic expert speakers on topics such as **resiliency, substance use, exercise, stress and burnout, internalized stigma**, and more!

**When:** Thursday, October 6, 2022, 8 a.m. - 4:30 p.m.

**Where:** Online (hosted on [Hopin](#))

**How:** [Register now!](#)



**[Register now!](#)**