



Date:
April 24, 2025

Time:
12:00 pm – 1:00 pm ET

Facilitator:
John Ebron

[To register, click here](#)



Men and Depression

CCA@YourService is a free, confidential program that's available to assist you with any work or life issue that matters to you and your family. For professional counseling and supportive resources, call or log on any time, any day.

TOLL-FREE:
800-833-8707

WEBSITE:
www.myccaonline.com

COMPANY CODE:
CUNY

While men are less likely to experience depression than women, they are also less likely to seek treatment when it occurs and face a higher risk of suicide. In this seminar, we will explore the causes and impacts of male depression, as well as the societal stigmas that discourage men from seeking help. Participants will learn to recognize the signs of depression, discover strategies for self-support, and understand how to assist others in need. Join us to break the stigma surrounding male mental health and foster a supportive community for all!

[Click here to register](#)

