



Mental Health and Your Job:

Understanding Your Rights and Accessing Support Webinar

Join the [U.S. Department of Labor's Employee Benefits Security Administration \(EBSA\)](#) and [Office of Disability Employment Policy](#) for a free webinar about navigating mental health conditions and substance use disorders in the workplace.

When: Thursday May 30, 2024, from 2:00-3:30 PM EST.

[REGISTER NOW](#)

Learn more about:

- Requesting reasonable accommodations.
- Building a support network.
- Advocating for yourself when facing discrimination.
- Understanding your legal rights when accessing care under a job-based health plan.
- Appealing a denied claim.
- And more.

Get your questions answered and hear real stories about workers who received help accessing their mental health benefits.

Please email batiste.ernest.r@dol.gov if you need reasonable accommodations due to a disability or would like to keep your name off the attendee list.