



Mental Health Summit

Stop the Stigma

Finding Meaning and Purpose in Mental Health Recovery

Guest speaker:
Retired Army Maj. Gen. Gregg Martin, Ph.D.



May 9
10 - 11:30 a.m.
Microsoft Teams



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AGENDA

1. A guided discussion with retired Army Maj. Gen. Gregg Martin where he will share his experience with bipolar disorder and finding meaning and purpose in his mental health recovery.
2. A discussion with community partners, VA providers, Veterans, and Veteran supporters about how to reduce mental health stigma and support those with mental health lived experience.