



# Keynote Speaker

## MENTAL HEALTH BALANCE

### AT WORK AND BEYOND

**Tuesday**

**January 25, 2022**

**9:00 am -10:00 am**

Join us for a fireside chat to learn more about overcoming mental health stigma, acknowledging a need for help, taking care of oneself and finding support if/when needed. Topics for discussion will include;

- Maintaining confidence and peace despite uncertainty of our times
- Challenges of return to office expectations
- Making self-care a priority
- Finding Care - Kaiser system and Community
- Provider Relationships - referrals

**Intended Audience:** All City employees seeking more information on mental health, self-care and authenticity with a particular focus on those seeking mental health for the first time

[\*\*CLICK HERE TO REGISTER\*\*](#)

Or

Go to the complete schedule of events for  
Seattle Sheds Light on Mental Health on  
[Seattle.gov](https://www.seattle.gov)



**Dr. Mabel Bongmba**  
MD, FAPA

Dr. Mabel Bongmba (she/her/hers) is a board-certified adult psychiatrist with the Washington Permanente Medical Group and a Fellow of the American Psychiatric Association.

In her nearly decade-long tenure with Kaiser Permanente, Dr. Bongmba has provided direct care with patients at the Everett and Bellevue clinics. She has also proudly served as a clinic operations chief, promoted equity and inclusion, advised on business strategy, and provided consultative support for the treatment of mental health patients within Primary Care statewide via the Mind Phone service,