



Keynote Speaker

NAVIGATING MENTAL HEALTH CARE

Thursday
January 27, 2022
9:30 am - 10:30 am

Join us for a fireside chat format discussion to learn more about navigating the mental health care system. Topics to be covered include

- Demystifying mental health terms and definitions
- Origins of mental health stigma
- Mental Health care challenges to meet population needs
- Access for underserved populations
- City of Seattle employees benefits for Mental Health

Intended Audience: All City employees interested in better advocating for mental health needs with particular focus on underserved populations such as LGBTQIA, Veterans, BIPOC, and people with Disabilities

[CLICK HERE TO REGISTER](#)

Or

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



Michael Garrett

Michael Garrett (he/his/him) is a Principal in the Total Health Management specialty practice at Mercer consulting firm. Michael has 30+ years of experience in healthcare programs and services for public and private sector benefit programs. This work includes assessing health and benefits with a health equity lens.

Mr. Garrett holds a Bachelor of Arts in psychology and religious studies from Gonzaga University and a Master of Science in clinical psychology from the University of Idaho. He is board-certified in case management and patient advocacy.

Michael has served on the City of Seattle LGBTQ Commission and the Seattle Police Department Crisis Intervention Committee. He enjoys swimming, walking, and reading.