

# Call for Panelists: Let's Talk Mental Health Instagram Live

## About the Event

Live Well San Diego's youth-led Instagram is hosting a monthly Instagram Live series: "Let's Talk Mental Health." Each event involves a real-time discussion with a group of panelists (2-3 people) working to reduce the stigma around mental health by sharing their own lived experiences and perspectives. The series covers a variety of topics and ages and is looking for panelists to join the conversation!

## How to Become a Panelist!

As a panelist, you will share your perspectives and experiences in a nonjudgmental and welcoming space. If you are interested in being a panelist, please fill out this [form](#) and we will get back to you as soon as possible.



@livewell\_sd

## Topics

**Men's Mental Health**  
(male-identifying focused)  
**\*actively recruiting\***

**College Prep**  
July/August

**Destigmatizing Different  
College Paths**  
July/August

**Preventing Burnout**  
September/October

**& more to come!**



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Child and Adolescent Inclusive  
Excellence Program