



Excelling at Work & Life

Presented by TriHealth EAP®

Tools for Thriving: Men's Mental Health Webinar

Wednesday, June 10, 10:00 – 11:00 a.m.

Thursday, June 18, 12:00 – 1:00 p.m.

Men's mental health is a critical yet often under-discussed topic. Many men face pressures from heavy workloads, long hours, limited social support, and cultural norms that discourage vulnerability. These challenges can lead to stress, anxiety, depression, substance misuse, and burnout. This training raises awareness, addresses common barriers, and equips men with practical strategies to support their mental well-being, including recognizing when and how to seek help.

To register, call 513 977 2165,
scan the QR code, email
TriHealthEAP-CST@TriHealth.com
or [register online](#).



**Rob Goeller, MSW,
LSW**
TriHealth EAP, Specialty
Treatment Coordinator

As a Specialty Treatment Coordinator, Rob provides short-term counseling, on-call intervention, and education, and serves as a company liaison. Rob has over 12 years of experience in the mental health field. He holds a Bachelor of Science degree in social work from Xavier University and a Master of Social Work from Ohio University with a focus on rural populations. Previously, Rob worked in children's services, clinical counseling, and infectious disease education, prevention, and care.

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