



VALLEY STREAM CENTRAL HIGH SCHOOL DISTRICT

Saturday, March 6th @ 10 am



Student Wellness Forum Guest Speaker Eric Kussin

Eric Kussin, our March speaker, will discuss how mental health is a topic for “5 in 5” and stretches way beyond the “1 in 5” people statistic that is so often the focus. The mission of the #SameHere Global Mental Health Movement is to normalize society’s perception of mental health and make it part of our everyday conversation. He will also discuss his original concept: *We’re All a Little Crazy*.

Eric is a 19-year pro sports executive who has worked at the NBA league office and with such teams as the Chicago Sky, the Chicago Bulls, Phoenix Suns, New Jersey Devils, and Florida Panthers. In the midst of his professional success, a debilitating mental health crisis stopped Eric’s career and life in its tracks for over two years. After many failed treatment modalities, he was lucky enough to learn healing practices that enabled him to dig out of his abyss and find a higher calling: getting involved in mental health advocacy work and helping to change society’s perception of mental health, making it part of our everyday conversation, where people can say, “Same here, I’ve been through some/many of life’s challenges as well.”

Eric formed a global alliance: The Global Mental Health Alliance. It is comprised of athletes and celebrities, along with media members, expert practitioners, advocates, and everyday heroes who have come together to make talking about mental health a common topic for “5 out of 5” of us.

Eric travels around the country and the world, presenting at college campuses, K-12 schools, corporate offices, and professional sports teams. Eric holds a Bachelor’s Degree from Cornell’s Dyson School of Business, Marketing and Management, and “keeps his foot in sports,” consulting for professional sports teams & leagues.

Register in advance for this webinar:

https://zoom.us/webinar/register/WN_bmwsWC17T2e5yY8SBIeHEQ