

THE MENTAL HEALTH MAILBOX

Real Talks, Real People

4 MAY 2026

LIVE PODCAST AT 7 PM – 8:30 PM
ON ZOOM

A LIVE PODCAST WHERE YOU DRIVE THE CONVERSATION. SUBMIT YOUR QUESTIONS ON ANYTHING MENTAL HEALTH RELATED AND OUR KNOWLEDGEABLE HOSTS WILL ANSWER THEM IN REAL TIME. WHETHER YOU'RE STRUGGLING, CURIOUS, OR SUPPORTING SOMEONE YOU LOVE, THIS IS YOUR SAFE SPACE TO ASK, LEARN, AND HEAL.

MARC ROGALA
GUEST STAR



JUSTIN WOLFE
HOST



**CAN'T JOIN US LIVE?
YOU CAN STILL BE PART OF THE CONVERSATION!**

SEND YOUR QUESTIONS IN ADVANCE TO OUR HOST JUSTIN: JUSTINADAMWOLFE@GMAIL.COM HE'LL MAKE SURE THEY'RE ANSWERED DURING THE EPISODE. THE **FULL LIVE SESSION WILL BE RECORDED AND UPLOADED** TO OUR PODCAST SERIES.

REGISTER
ONLY IF
ATTENDING
LIVE

