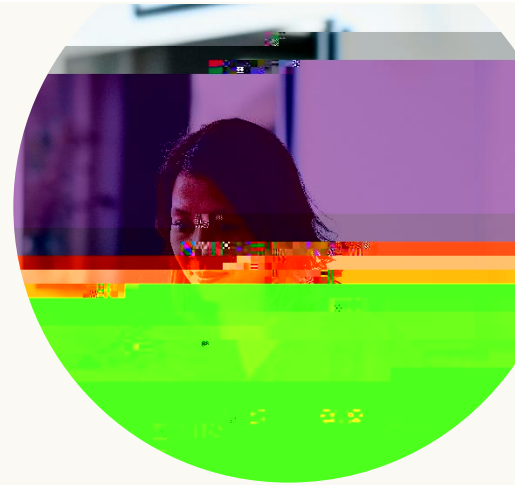




Member training :

## Supporting Mental Health Concerns in the Workplace



### October featured training

Supporting Mental Health Concerns in the Workplace . This session covers depression and anxiety, two of the most common mental health issues that can affect us, our families, friends and the workplace. Participants will learn important information about what depression and anxiety are, what to do, and where to go to find personal or family support.

#### Learning Points

- x Explore two common mental health conditions in the workplace: depression and anxiety disorders
- x Explore what depression and anxiety disorders look like in the workplace
- x Identify appropriate support methods
- x Create an action plan for how to support depression and anxiety disorders in the workplace

Register for a live 1-hour training session or use the on-demand option to watch the training when

LW¶V FRQYHQLHQW IRU \RX 7UDLQLQJ RSWLRQV DUH LQ (Q

**Recorded  
sessions**

On demand  
(no Q&A)

[Watch here](#)

Short on time?  
Watch the 10-  
minute summary

[here](#)

**7<sup>th</sup> October**

1-2 AM Central  
Daylight Time