# Recognizing and Supporting Co-workers/Employees with Mental Health Issues

## Overview

This course equips individuals to identify and support co-workers with mental health issues, enhancing workplace wellness and safety.

## Course Objectives

Enhance your understanding of mental health and safety in the workplace through targeted training. This helps them to:

- Increase awareness of mental wellness issues.
- Identify factors contributing to poor mental health and learn responsive strategies.
- Recognize common mental health problems and their signs.
- Apply effective support strategies for colleagues until professional help is sought.
- Promote behaviors that support mental wellness and safety at work.

## How This Course Will Benefit You

You will gain critical insights and practical skills to foster a supportive and safe work environment. This course teaches you to recognize early signs of mental health struggles, understand the underlying factors affecting mental wellness, and implement effective intervention strategies. You'll learn not only to support colleagues in need but also to contribute to a culture of empathy and safety, enhancing overall productivity and workplace harmony. Whether you're in management or a team member, these skills are invaluable in today's work environment, promoting both individual well-being and organizational health.

## Course Structure

Experience a custom-fit learning journey, scheduled and structured to suit your organization's needs:

- When - A full/half-day/lunch-and-learn that can be adjusted according to your availability.
- Where - Virtual or on-site options to suit your preference
- Modules - Customized content on wellness fundamentals
- Support Sessions - Regularly timed virtual discussions for ongoing support
- Expert Access - Wellness professionals available as per your schedule
- Evaluations - Continuous progress tracking to meet your goals

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