



# Understanding and Dealing with Employees whose work is Impacted by Family Mental Health Issues

## Overview

This course explores strategies for managers to effectively support employees dealing with family mental health issues. Learn to balance compassion with maintaining productivity, creating a supportive workplace environment that acknowledges personal crises.



## How This Course Will Benefit You

By taking this course, you'll learn valuable techniques for managing employees going through personal crises related to family mental health issues. You'll gain insights into creating a compassionate, supportive work environment where employees feel comfortable sharing their challenges. Understanding how to listen effectively and offer practical support without invading privacy will help you maintain team productivity and morale. This course will also enhance your ability to navigate the balance between supporting an employee's emotional well-being and ensuring work commitments are met, fostering a culture of empathy and resilience within your team.

## Course Objectives

Equip managers and employees with skills to support employees facing personal and family mental health crises. This includes:

- Create an atmosphere of compassion to encourage open communication.
- Listen and understand employee needs without prying into personal details.
- Know the workplace support options available and how to implement them.
- Consistently apply policies and check in regularly to manage workload and support needs.

## 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