



Workplace
Mental Health
Training



Attend this leading edge workshop!

Addressing Workplace Mental Health: Basic Skills for Managers

Hosted by Mental Health America of California

Effective management practices play a critical role in the health and performance of employees. *Addressing Workplace Mental Health* helps equips business owners, HR professionals and managers with critical knowledge and appropriate skills to effectively support employees who are struggling for any reason, and especially with mental health issues.

In this 6-hour workshop, participants will learn and apply new approaches and techniques to use when employees are struggling at work. Through facilitated discussions and interactive experiences, participants raise their awareness, deepen their understanding and learn how to establish collaborative and lasting solutions to performance problems and accommodation situations with employees who have mental health issues.

Learning objectives include:

- Recognize possible signs that an employee's mental health is deteriorating which enables early intervention and treatment
- Examine specific risk factors and protective factors in the work setting that impact psychological health and safety for all employees, particularly those who are facing mental health challenges
- Practice effective listening skills to gain insight into employee needs and support success
- Understand and apply the Wellness Works approach to help employees find solutions to workplace issues through a collaborative process that actively engages employees

**Tuesday, Sept 29
8:30am to 4:30pm**

Location:

Santa Monica Place
395 Santa Monica Place
3rd Floor, Community Room

Santa Monica, CA 90401

**Special offer: \$199
(regular price \$300)
Lunch included**

For registration and payment, please go to [Wellness Works registration](http://WellnessWorksMentalHealth.org)

WellnessWorksMentalHealth.org



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