Workplace
Mental Health
Training

wellness WORKS

# Leading-Edge Management 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 employee health, retention and performance.**
*Addressing Workplace Mental Health* equips business owners, HR professionals and managers with critical knowledge and appropriate skills to effectively support employees who are struggling at work.

In this 6-hour workshop, participants learn and apply new approaches and techniques that are effective when employees are struggling for any reason, and especially if mental health is part of the picture. Through facilitated discussions and interactive experiences, participants raise their awareness, deepen their understanding and learn how to build collaborative and lasting solutions to performance problems and accommodation situations.

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 to 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

Wednesday, January 27
8:30am to 4:30pm

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

Santa Monica, CA 90401

Special offer: $299
(regular price $500)
Lunch included

For further information
please contact: Donna Hardaker
dhardaker@mhac.org
916-557-1167 x100

**For registration and payment, please go to Wellness Works registration**

**WellnessWorksMentalHealth.org**

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