



**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

- Explore two common mental health conditions in the workplace: depression and anxiety disorders
- Explore what depression and anxiety disorders look like in the workplace
- Identify appropriate support methods
- 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 it's convenient for you. Training options are in English and available globally.

<p><b>Recorded sessions</b></p> <p>On demand (no Q&amp;A)</p> <p><a href="#"><u>Watch here</u></a></p> <p><b>Short on time?</b> Watch the 10-minute summary</p> <p><a href="#"><u>here</u></a></p>	<p><b>7<sup>th</sup> October</b></p> <p>1-2 AM Central Daylight Time (with Q&amp;A)</p> <p><a href="#"><u>Register now</u></a></p>	<p><b>7<sup>th</sup> October</b></p> <p>11AM-12PM Central Daylight Time (with Q&amp;A)</p> <p><a href="#"><u>Register now</u></a></p>	<p><b>8<sup>th</sup> October</b></p> <p>1-2 PM Central Daylight Time (with Q&amp;A)</p> <p><a href="#"><u>Register now</u></a></p>	<p><b>9<sup>th</sup> October</b></p> <p>7-8 AM Central Daylight Time (with Q&amp;A)</p> <p><a href="#"><u>Register now</u></a></p>
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**Space is limited for the live training session options, so advance registration is required.**

This program should not be used for emergency or urgent care needs. In an emergency, call 911 if you are in the United States, the local emergency services phone number if you are outside the United States, or go to the nearest A&E. This program is not a substitute for a doctor's or professional's care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and all its components, in particular services to family members below the age of 16, may not be available in all locations and is subject to change without prior notice. Experience and/or educational levels of Emotional Wellbeing Solutions resources may vary based on contract requirements or country regulatory requirements. Coverage exclusions and limitations may apply.

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