



Human
Solutions
Humaines

Managing Mental Health in the Workplace

Homewood Health Registered Psychologist (employee and family assistance provider <http://www.homewoodhealth.com/health>) will be providing customized training to managers and supervisors on recognizing and responding to mental illness in the workplace.

Jan 28, 2016 – 12:30 – 4:30 PM
AH100 (Andy's Place)

[Register Online Today!](#)

During this 4 hour workshop participants will:

- Review signs of symptoms of major mental illnesses
- Discuss University of Lethbridge's processes, policies and resources as they relate to mental illness in the workplace
- Practice strategies to approach coworkers or employees that may be at risk
- Discover tips to support mental health & build resilience
- Create strategies for prevention, including building resilience in the workplace
- Review return-to-work processes
- Create an action plan to implement in the workplace

Refreshments will be provided!

Questions? Contact Suzanne McIntosh,
Wellness and Recognition, 403-332-5217 or
wellness@uleth.ca

