

## 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.

- **Two sessions are being offered – Dec 1, 2015 – 8:30 AM – 12:30 PM  
Jan 28, 2016 – 12:30 – 4:30 PM  
AH100 (Andy's Place)**

Registration <http://www.uleth.ca/hr/wellness/managing-mental-health-workplace>.

### More info:

#### **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 on how to support mental health and 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!***

