

**Please join us for
a special webinar**



Managing Emotional Health and Employee Well-Being: For Supervisors and Managers

Discussing the subject of mental health may be one of the last remaining taboos in the workplace. However, many workers experience depression, anxiety, or stress on the job, resulting in absenteeism, medical claims, safety issues and lower productivity. The purpose of this workshop is to educate and empower managers to identify and support workers who may be experiencing emotional health or other related issues. Participants will learn what emotional (mental) health is and is not, the objective warning signs of deteriorating behaviors, and how to partner with resources such as the EAP to effectively assess and address workplace mental health and well-being issues.



Topics to be covered:

- Frequent mental health challenges
- Recognizing warning signs
- Resources to support employees

Time: (include time zone)

Date:

Presenter: Health Advocate EAP