



**Member training:**

**Supporting Mental Health Concerns with Friends and Family**

**May featured training**

**Supporting Mental Health Concerns with Friends and Family.** From time to time we all have friends or family who suffer with low mood. When low mood persists, it is hard to know what to do, especially when you worry that you might make things worse. This is not a programme about your mental and emotional health, but it is about the very positive role you can play in the wellness of others. Because you are probably not a doctor or health professional, there are limits to the support you can provide, so it is important to know these boundaries. Once you understand the limitations, there are many helpful and supportive conversations and actions you can be engaging in.

**Participants will:**

* Learn how to identify common mental health concerns their friends and family might face
* Look at the different types of treatment
* Discover how to support a friend or family member with mental health concerns
* Create an action plan on how to provide support for mental health concerns

Register for a live, one-hour training session or use the on-demand option to watch the training session when it’s convenient for you. The training session options are in English and are available globally.

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| **Recorded sessions**  On demand  (no Q&A)  **[Watch here](https://optum.webex.com/webappng/sites/optum/recording/7fb28c34be00103c9b5e00505681900b/playback)**  **Short of time?**  Watch the  10-minute summary    **[here](https://optum.webex.com/webappng/sites/optum/recording/9bc38fb8beca103cafae005056818d08/playback)** | **14th May**  1-2 PM BST  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a27UI000000APA1YAO) | **15th May**  7-8 AM BST  (with Q&A)  [**Register now**](https://eapworklife.my.site.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a27UI000000APDFYA4) | **21st May**  5-6 PM BST  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a27UI000000APWbYAO) | **23rd May**  7-8 PM BST  (with Q&A)  [**Register now**](https://eapworklife.my.site.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a27UI000000APYDYA4) |

**Space is limited for the live training session options, so advance registration is required.**

**Get started**

This programme 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 programme is not intended as a substitute for care provided by a doctor or other professional . Due to the potential for a conflict of interests, legal consultation will not be provided on issues that might involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g. their employer or health insurance scheme). This programme and all its components, in particular services to family members under the age of 16, might not be available in all locations and are subject to change without prior notice. The experience and/or educational levels of the Employee Assistance Programme resources might vary based on contractual or country-specific regulatory requirements. Coverage exclusions and limitations may apply.

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