



**Member training:**

**How to Support Mental Health Concerns with Friends and Family**

**October featured training**

**How to Support Mental Health Concerns with Friends and Family**. We all have friends or family who suffer with low mood from time to time. 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 others’ wellness. 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. Then, once you understand the limitations, there are many helpful and supportive conversations and actions you engage in.

Participants will:

* Understand the boundaries of being a supportive friend vs the role of professionals.
* Know how to overcome social stigma and start the conversation.
* Identify questions to ask and actions to take.
* Recognise the importance of being there.
* Learn that talking about suicide will not make things worse.
* Explore how to follow up without being intrusive.

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 available globally.

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| **Recorded sessions**  On demand  (no Q&A)  **[Watch here](https://optum.webex.com/webappng/sites/optum/recording/7042879114f6103caf41005056818e9f/playback)**  **Short of time?**  Watch the 10-minute summary [**here**](https://optum.webex.com/webappng/sites/optum/recording/b776727914e9103cbbfb005056819d4d/playback) | **16th October**  19:00-20:00 BST  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000006JIkdQAG) | **17th October**  07:00-08:00 BST  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000006JIkeQAG) | **17th October**  17:00-18:00 BST  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000006JIkiQAG) | **18th October**  13:00-14:00 BST  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000006JIkxQAG) |

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

## Next month’s training will focus on Building a Culture of Kindness: Strategies for Promoting Positive Mental Health and Strong Relationships. Keep an eye out for the registration links to join a live session or use the on-demand option to watch when it’s convenient for you.

**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 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 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 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 may vary based on contract or country regulatory requirements. Coverage exclusions and limitations may apply.

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