



**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** 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 about making things worse. This is not a program about your mental and emotional health, but it is about the very positive role you can play in other’s 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 those boundaries. Then, once you understand those limitations there are many helpful and supportive conversations and actions you can be taking.

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.
* Recognize 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 1-hour training session or use the on-demand option to watch the training when it’s convenient for you. Training 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 on time?**  Watch the 10-minute summary [**here**](https://optum.webex.com/webappng/sites/optum/recording/b776727914e9103cbbfb005056819d4d/playback) | **16th October**  13:00-14:00 CDT  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000006JIkdQAG) | **17th October**  01:00-02:00 CDT  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000006JIkeQAG) | **17th October**  11:00-12:00 CDT  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000006JIkiQAG) | **18th October**  07:00-08:00 CDT  (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 registration links to join a live session or use the on-demand option to watch when it’s convenient for you.

**Get started**

This program 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 program is not a substitute for a doctor’s or professional’s

care. Due to the potential for a conflict of interest, 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 program and all its

components, in particular services to family members below the age of 16, may not be available in all locations and is subject to change without prior

notice. Experience and/or educational levels of Employee Assistance Program resources may vary based on contract requirements or country

regulatory requirements. Coverage exclusions and limitations may apply.

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