



**Member training:**

**Supporting Mental Health Concerns in the Workplace**

**October featured training**

**Supporting Mental Health Concerns in the Workplace**. This session covers depression and anxiety, two of the most common mental health issues that can affect us, our families, friends and the workplace. Participants will learn important information about what depression and anxiety are, what to do, and where to go to find personal or family support.

Learning Points

* Explore two common mental health conditions in the workplace: depression and anxiety disorders
* Explore what depression and anxiety disorders look like in the workplace
* Identify appropriate support methods
* Create an action plan for how to support depression and anxiety disorders in the workplace

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/c6762655375c103dbdf596cf8eb05470/playback)**  **Short of time?**  Watch the 10-minute summary    **[here](https://optum.webex.com/webappng/sites/optum/recording/32ce88b73765103dafdf4e26438c3ab1/playback)** | **7th October**  6-7 AM Greenwich Mean Time  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a27UI000000Q7NdYAK) | **7th October**  4-5 PM Greenwich Mean Time  (with Q&A)  [**Register now**](https://eapworklife.my.site.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a27UI000000Q7lpYAC) | **8th October**  6-7 PM Greenwich Mean Time  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a27UI000000Q7qfYAC) | **9th October**  12-1 PM Greenwich Mean Time  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a27UI000000Q7PFYA0) |

**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 program 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. 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 Emotional Wellbeing Solutions resources may vary based on contractual or country-specific regulatory requirements. Coverage exclusions and limitations may apply.

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