



The Impact of Mental Health at Work

Prioritizing Your Mental Health at Work

Workplace stress isn't uncommon, but when left unchecked, it can lead to depression and anxiety. When this happens, stress not only creates negative emotions, but it also results in lower productivity, the inability to concentrate on work and strained relationships with colleagues. This online course will help you identify and manage mental health at work.

Delivery Method: Online Course

Course Length: 90 minutes

**Includes group activities, polls and Q&A sessions!*

During this course, participants will:

- Explore the mental health landscape.
- Identify signs of burnout and stress at work.
- Discover ways to destigmatize mental health issues at work.
- Learn strategies to make good mental health part of your work culture.