

Let's Talk: How to Support Mental Health

All employees within an organization play an important role in creating a stigma-free workplace that's supportive of mental health. In this 2-hour interactive training, participants will be introduced to important concepts on mental health including the scope of mental health concerns in the United States and the impact of these challenges on an individual's ability to live, laugh and learn.

Participants will leave with the knowledge, skills and confidence to:

- Identify the signs and symptoms of common mental health challenges
- Start a conversation with someone in distress
- Get individuals connected to appropriate professional care, tools and resources
- Create a culture of caring in the workplace
- Incorporate self-care into their own lives

What's included?

- 2-hour interactive live training (onsite & virtual offerings available)
- Discussion of several fictional workplace scenarios

What are participants saying?

"The material and subject matter are VERY relative and needs to be discussed."

"When people feel appreciated and understood, they will do great things."



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