

Take Care Of Your Mental Health



Title	Duration (minutes)	Author	Course Description
• Mental Health Awareness	15	EasyLlama	Prioritize well-being with Mental Health Awareness. Break stigma, understand common conditions, and foster a positive work environment. Empower employees to seek help and thrive.
• Building Your Mental Health Toolkit	8	OpenMind	In this course, you'll learn what mental health really is and how it impacts you. You'll learn how to identify the activities in your life that can support positive mental health. And finally, you'll learn how to compile mental health and stress relief resources into a format you can easily access when you need them.
• Tackling Mental Health Stigma and Discrimination	15	The Access Group	Stigmas and discrimination can manifest itself in many different ways. Sometimes it's subtle, other times it can be more obvious. This module explores what you and your organisation can do to help tackle stigmas and discrimination relating to mental health.
• Importance of Self-Care and Staying Well at Work	10	TalentQuest	Staff wellness can be promoted by enhancing employees' professional and personal development, implementing health care initiatives, and supporting employees suffering from mental health issues.
• Mental Health At Work: Why Talk About It	12	Mike Veny	Are you interested in implementing initiatives around mental health at work? No doubt about it, mental wellness is an important and insightful topic that supports emotional intelligence, psychological safety, and Diversity, Equity & Inclusion (DEI). For people who are struggling with mental health challenges, the shame of stigma has left them in the dark. In this course, Why Talk About Mental Health?, Certified Corporate Wellness Specialist®, Mike Veny, will explain why we need to bring those conversations into the light—particularly in the workplace.
• Mental Health At Work: Cultivating A Culture That Values Mental Health Wellness	15	Mike Veny	In this course, How to Cultivate a Workplace Culture That Values Mental Wellness, Certified Corporate Wellness Specialist®, Mike Veny, will help you identify ways to cultivate a work culture that supports communication about mental health. By completing a self-assessment, you will discover how your organizational culture and personal leadership style affect your employees' mental wellness. After completing the course, you will be able to identify strategies for improving workplace culture by cultivating a sense of belonging and promoting mental wellness.
• Mental Health At Work: How to Know When An Employee is struggling	19	Mike Veny	In this course, How to Know When an Employee Is Struggling with Mental Health Concerns, Certified Corporate Wellness Specialist®, Mike Veny, will share ways to identify signs of mental health challenges, signs and symptoms that an employee might need immediate help, and considerations for identifying mental health challenges in remote employees. In short, this will help you be a better leader or manager.

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<ul style="list-style-type: none"> Mental Health At Work: How to Have Conversations 	21	Mike Veny	In this course, wellness specialist Mike Veny shares best practices for discussing mental health with employees. You'll learn about legal considerations, reasonable accommodations, HIPAA, and strategies for planning, facilitating, and following up on these conversations.
<ul style="list-style-type: none"> Stress Management & Self-Care: Practicing Self-Care 	9	Mike Veny	Are you ready to embark on a transformative journey toward a healthier, more balanced, and fulfilling life? This course is designed to empower you with practical strategies for nurturing your well-being across all facets of your life. You will learn ways to improve self-care through addressing the eight dimensions of wellness.
<ul style="list-style-type: none"> TrainingBriefs® I'm Anxious! 	7	Sollah	Anxiety is something we all encounter as a normal part of life. Anxiety can actually be a motivator... helping us accomplish a task at hand that needs to be done. But many times, we experience the negative side of anxiety. This short course featuring Bob Monserrate (Stress Management Counselor) defines anxiety, the triggers, as well as ways to address anxiety in everyday life.
<ul style="list-style-type: none"> Working From Home: Strategies for Remote Employees 	30	Enspark	When imagining telecommuting, many people envision a relaxed day of working at home in their pajamas. However, this probably isn't the best approach. Telecommuting definitely offers a lot of freedom, but that doesn't mean you can ignore your work responsibilities. This course will help you decide if telecommuting is a good fit for you and then provide some strategies for being effective as a remote employee.
<ul style="list-style-type: none"> Burnout Prevention Strategies for Employees 	10	EasyLlama	Equip your employees with tools to combat burnout, including recognizing signs and implementing time management and coping strategies. Improve mental and emotional well-being for a more balanced work-life.
<ul style="list-style-type: none"> Coping with Overwhelm 	9	Healthy Minds Program	This audio course, led by wellness coach Stephanie Wagner, helps you manage feelings of overwhelm. Through guided meditation, you'll develop awareness and learn skills to build a healthier relationship with these emotions, preventing them from limiting you.
<ul style="list-style-type: none"> Dealing with Suicidal Employees and Employees who are victims of Domestic Violence 	16	TalentQuest	This course addresses how to support employees dealing with suicide risk or domestic violence. Once seen as personal matters, these issues are now recognized as critical for workplace wellbeing. Companies with a culture of care see improved employee loyalty, performance, and reduced absenteeism and turnover.