

# MENTAL HEALTH MATTERS

## COMPLIMENTARY

# WEBINAR SERIES

As part of Mental Health Awareness Month, CCA@YourService is offering three free webinars to promote knowledge and discussion around emotional health, as well as provide strategies for resiliency that can help you navigate toward brighter days.

Please register for the sessions of your choice, and note that all sessions will be recorded for future viewing.

## UNDERSTANDING MENTAL HEALTH

**Thursday, May 5 | 12 - 1 pm ET**

**Presenter: Greg Alch**

[Click here to register](#)

It's important to know that mental health problems are more common than we think and that symptoms can be managed with the right help and treatment. Taking time to educate yourself on this topic can reduce stigma and improve the quality of life for those who struggle with mental health conditions. This session is for anyone seeking to:

- Understand the spectrum of mental health conditions
- Learn signs and symptoms of mental health conditions
- Support someone with mental health issues, both at work and at home
- Manage everyday stress and improve work-life balance

## MANAGER'S GUIDE TO CHECK-IN CONVERSATIONS

**Thursday, May 12 | 3 - 4 pm ET**

**Presenter: Matthew Selker**

[Click here to register](#)

Everyone needs a check-in from time to time, yet the daily grind has a way of distracting us from the basic human need to take an emotional time-out. Managers are in a unique position to initiate the conversation. In this session, participants will have the opportunity to:

- Consider the manager's role in supporting employee mental health
- Learn how and when to have a check-in conversation
- Review the DOs and DON'Ts of a constructive conversation
- Recognize when to enlist help or make a referral

## INCREASING MENTAL TOUGHNESS

**Thursday, May 19 | 9 - 10 am ET**

**Presenter: Theresa Francois**

[Click here to register](#)

Grit, as defined by Dr. Angela Duckworth, is "a passion and sustained persistence applied toward long-term achievement"—a much-needed skill for both personal and professional growth in today's world. This session provides participants with an opportunity to:

- Reflect on present-day challenges
- Recognize opportunities for growth in the face of adversity
- Discuss what it means to be mentally tough
- Gain strategies for finding the positive in negative circumstances, managing ambiguity, and reacting with agility to change