

# Mental Health in the Workplace

The Mental Health in the Workplace workshop is designed to promote awareness of common mental health concerns, and introduce strategies for handling mental illness effectively within the work environment.

This interactive workshop will provide knowledge transfer and skills development while enabling shared understanding and expectations regarding mental health at work. Participants will leave with confidence in knowing how to address mental health issues with colleagues and how to be a supportive co-worker.



**Justin-Claude Dumont,  
Employee and Family Assistance Program (EFAP)**

**Thursday, November 22, 2018**

**9:00 am - 12:00 pm**

**Glacier Room, Lister Centre**

*This workshop is intended for faculty and staff. To register, visit the Learning Shop at [www.learningshop.ualberta.ca](http://www.learningshop.ualberta.ca)  
There is no fee for the workshop however attendance is monitored. For more information about this workshop,  
please contact Organizational Health and Effectiveness at [org.health@ualberta.ca](mailto:org.health@ualberta.ca)*