

# MENTAL HEALTH FIRST AID

## IN THE WORKPLACE

### A SEMINAR PROVIDED BY SUPPORTLINC, THE EMPLOYEE ASSISTANCE PROGRAM FOR CAMPBELL UNIVERSITY

- DATE:** FRIDAY, MAY 14, 2021
- TIME:** 12:00 PM – 1:00 PM (EASTERN)
- LOCATION:** WEBINAR. SEE INVITE

Everyone suffers when mental health issues or other types of emotional distress are left unaddressed in the workplace. Fortunately, providing employees and supervisors with basic mental health first aid training helps ensure that employees who may be struggling get the help they need. In this training seminar, participants will learn how to identify the signs of someone struggling with a mental health issue, connect with the person in a supportive and appropriate way and guide them towards the resources available to help them address and resolve the issue, such as the EAP.

SUPPORT  LINC  
EMPLOYEE ASSISTANCE PROGRAMS

**PHONE** 1-888-893-5462  
**WEB** [WWW.SUPPORTLINC.COM](http://WWW.SUPPORTLINC.COM)  
Username: camels



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