



**Member training:**

## **Supporting Mental Health Concerns with Friends and Family**



### **May featured training**

**Supporting Mental Health Concerns with Friends and Family.** From time to time we all have friends or family who suffer with low mood. When low mood persists, it is hard to know what to do, especially when you worry about making things worse. This is not a program about your mental and emotional health, but it is about the very positive role you can play in other's wellness. Because you are probably not a doctor or health professional, there are limits to the support you can provide, so it is important to know those boundaries. Then, once you understand those limitations there are many helpful and supportive conversations and actions you can be taking.

#### **Participants will:**

- Identify common mental health concerns friends and family might face
- Review types of treatment
- Explore how to support a friend or family member with mental health concerns
- Create an action plan for how to support mental health concerns

Register for a live 1-hour training session or use the on-demand option to watch the training when it's convenient for you. Training options are in English and available globally.

<p><b>Recorded sessions</b></p> <p>On demand (no Q&amp;A)</p> <p><a href="#"><u>Watch here</u></a></p> <p><b>Short on time?</b> Watch the 10-minute summary</p> <p><a href="#"><u>here</u></a></p>	<p><b>14<sup>th</sup> May</b></p> <p>7-8 AM CST (with Q&amp;A)</p> <p><a href="#"><u>Register now</u></a></p>	<p><b>15<sup>th</sup> May</b></p> <p>1-2 AM CST (with Q&amp;A)</p> <p><a href="#"><u>Register now</u></a></p>	<p><b>21<sup>st</sup> May</b></p> <p>11-12 PM CST (with Q&amp;A)</p> <p><a href="#"><u>Register now</u></a></p>	<p><b>23<sup>rd</sup> May</b></p> <p>1-2 PM CST (with Q&amp;A)</p> <p><a href="#"><u>Register now</u></a></p>
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**Space is limited for the live training session options, so advance registration is required.**

This programme should not be used for emergency or urgent care needs. In an emergency, call 911 if you are in the United States, the local emergency services phone number if you are outside the United States, or go to the nearest A&E. This programme is not a substitute for a doctor's or professional's care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This programme and all its components, in particular services to family members below the age of 16, may not be available in all locations and is subject to change without prior notice. Experience and/or educational levels of Employee Assistance Programme resources may vary based on contract requirements or country regulatory requirements. Coverage exclusions and limitations may apply.

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