Morris Interactive
it starts with people

Promoting Positive Mental Health and Wellness in the Workplace

Mental health problems affect everyone in some way, regardless of profession and position within an organization. This module will focus on the specific leadership practices and competencies to support prevention and promote positive mental health within the workplace. Leaders will learn to create space for open conversations and support team members who may be struggling with mental health challenges.

*This module requires participants to complete an online profile assessment.

Learning Objectives:

1. Understand the human impact of mental health challenges in the workplace
2. Learn techniques to respond to and support colleagues who may be struggling
3. Discuss mental health and workplace rights and responsibilities
4. Learn tips and organizational strategies to promote positive mental health and wellness in the workplace