

Confronting the Uncomfortable: Navigating Mental Health Conversations

Ever felt unsure or unwilling to share about your emotions and mental health needs with your team mates at work?

This struggle is more common than you'd think! It's completely normal to struggle with clearly articulating your mental health needs, especially if there is a perceived or actual stigma surrounding the topic in the workplace.

Join this session to be empowered with helpful tools to communicate effectively with your managers or colleagues about your mental health needs, and to seek the support your needs.

Learning Objectives

- Unveiling the impact: Work-related stressors & mental health
- Understanding the importance of communication
- Application: Strategies for communicating about mental health at work

Content Outline

Unveiling the Impact: Work-related Stressors & Mental Health

- Where does Work-related Stress Often Stem From?
- Implications of Work-related Stressors
- Types of Stress: Not all types of Stress are Harmful!
- Common Effects of Stress
- What does Poor Mental Health look like in the Workplace?

Empowering Your Voice: Understanding the Importance of Communication

- Why Should You Communicate Your Mental Health (Needs)?
- Why Should You Listen When Others are Telling You about their Mental Health?
- Common Challenges when Communicating Mental Health at Work

Mastering the Conversation: Strategies for Communicating about Mental Health at Work

- Who Should You Approach?
- Aspects to Cover in Conversations about Mental Health
- 3 C's of Assertive Communication