



MENTAL HEALTH: RECOGNIZE AND RESPOND—A SESSION FOR MANAGERS

Date: 28 November 2023

Duration: One hour

**Location: Stockton University
101 Vera King Farris Drive**

Session1 Time: 10:30 AM EST

Session2 Time: 03:00 PM EST

Mental health has become one of the biggest challenges to manage with the continuously evolving work dynamic. Organizations are realizing that they must address all aspects of employee health, including stress and anxiety, in order to avoid a decline in productivity and prevent work burnout. From a positive perspective, the pandemic has amplified conversations around mental health that weren't necessarily in the spotlight before. Every manager has a legal, business, and moral responsibility to be proactive in helping support their employees during times of need. Our working lives can have a powerful influence on our mental state, and as leaders in a demanding and high-pressured world, it is essential that we develop the confidence and competence to identify individuals at risk and intervene in an appropriate and effective way. The aim of this session is to help you to recognize signs of concern and respond appropriately.

