

Mental Health Focused - LinkedIn Learning Courses

The following LinkedIn Learning courses may help managers prepare themselves for supporting employees dealing with mental health issues.

Managing Depression in the Workplace

Type: Course

By: Sinni Pillay

Length: 1hr. 3m

Managing Anxiety in the Workplace

Type: Course

By: Sinni Pillay

Length: 1h 9 m

Opening the Dialogue About Mental Health and Emotional Safety

Type: Video (from the course Inclusion During Difficult Times)

Length: 3m 56S

Managing Stress for Positive Change

Type: Course

By: Heidi Hanna

Length: 57m

Supporting a Grieving Employee: A Manager's Guide

Type: Course

By: Leslie Barber

Length: 27m

Communicating Internally During Times of Uncertainty

Type: Course

Length: 31m

(even though this is not directly related to mental health, it is about communicating with empathy, being mindful, vulnerable, etc. especially during times of change and uncertainty). This is really good about having your