It’s a simple reality: Workplace mental health challenges are serious issues that supervisors need to understand as they become more frequent and our teams face many more life stressors. Take some time to learn more about mental health issues, recognize the signs when it may be something more, and how to best support your staff.

System Administration Human Resources will host two workshops, Mental Health 101 and Working Minds, presented by experts from the Helen and Arthur E. Johnson Depression Center at the Anschutz Medical Campus.

Reserve a seat for an upcoming workshop below. You may attend one or both sessions.

**Mental Health 101**
In this interactive talk, participants will review statistics, facts and warning signs regarding mental illnesses within our society. Participants will also discuss the barriers to treatment and how best to support an individual with a mental illness.

**Working Minds**
Working Minds trains organizations to proactively address the early warning signs of suicide in the workplace. This training will educate and equip supervisors with tools to address mental health and suicide concerns within the workplace.

10–11 a.m. April 27
2–4 p.m. May 10

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RSVP

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Employee Services | University of Colorado
303-860-4200 | 855-216-7740 | employeeservices@cu.edu | www.cu.edu/es
1800 Grant St., Suite 400, Denver, CO 80203